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Thursday, August 22, 2013

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OUTRAGE

WORLD REELS IN SHOCK OVER HEARTBREAKING IMAGES OF HUNDREDS OF VICTIMS, MANY OF THEM CHILDREN, OF AN APPARENT NERVE-GAS ATTACK IN SYRIA

PAGE 10

High price of health

A growing number of Canadians are travelling out-of-province for specialized care, at a steep price PAGES 16-17

Ottawa police released a security-camera image of three male suspects being sought in an investigation into a sex assault on a woman at the Blair Road OC Transpo station Aug. 11. Yesterday police said they arrested and charged Hanten Hersi, 19 with sexual assault. At city hall officials said transit and police officials want to increase reporting on incidents such as this one. HANDOUT

Public to hear about transit crime, city vows

Sexual assault. OC Transpo, police to up incident reporting

ALEX BOUTILIER
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OC Transpo and the Ottawa Police Service are working to increase the amount of reporting they do when crimes occur on the transit lines and stations.

OC Transpo general manager John Manconi told reporters Wednesday that the details are still being worked out but the intention is to quickly provide at least some information to the public when incidents occur.

"What we want is ... when there's an incident, can we send out something to our councillors, our commission, and the public," said Manconi. "Some information out there will help everyone."

The initiative is part of a larger push for a comprehensive safety plan on transit, which OC Transpo has been developing after advocates began drawing attention to the issue of sexual harassment.

Manconi spoke after a transit commission meeting Wednesday, almost two weeks after a woman was sexually assaulted by a gang of four men while waiting at Blair Station earlier this month. The incident was one of more than 70 reported sexual assaults on the transit system since 2008.

The transit organization was criticized for staying silent in the wake of the attack. But Coun. Diane Deans, who chairs the transit commission, said she felt it was their duty to inform the commission about their overall safety plans.

As part of those overall plans, Manconi said OC Transpo intends to keep better track of crimes on transit in order to identify "problem areas." When asked why OC Transpo hasn't been doing that for years, Manconi said, "We're just trying to improve everything we do."

For more on reaction to the plan, turn to page 3.

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Set for Sept. 10

Student groups to meet with mayor on transit

Student groups succeeded in getting Mayor Jim Watson and Coun. Diane Deans to promise to sit down and hear their grievances about the cost of transit for university students.

But it's unclear what, if anything, will be on the table when the two sides meet on Sept. 10. Deans, the chair of the city's transit commission, told reporters Wednesday there is very little room for the city to move on the issue of subsidized passes for university students. ALEX BOUTILIER/METRO

13 monikers

Commission OK's Confederation station names

Ottawa City Hall's transit commission gave its stamp of approval on the 13 names for the Confederation Line's stations, as well as the trains' exterior and interior designs.

Most stations along the Transitway will keep their current names. The biggest change was the renaming of "LeBreton" station to "Pimisi," an Algonquin word meaning "eel." The eels are sacred to the Algonquin people.

Other stations will get secondary "wayfinding" names, including Rideau (ByWard Market) and Tremblay (VIA Rail).

Coun. Diane Deans, who chairs the city's transit commission, said the newly renamed "uOttawa" station will remain "uOttawa." ALEX BOUTILIER/METRO

Transpo safety plan good start: Activist

One of Ottawa's most outspoken transit activists is cautiously optimistic about the high-level outline of OC Transpo's new safety plan.

Julie Lalonde of Hollaback! Ottawa has been pushing the transit service for months to start an education campaign. Lalonde said Wednesday she was glad to see one included in OC Transpo's safety plans.

"There were quite a few victories this morning (at transit commission)," Lalonde said, "one of them being there is going to be an emphasis on education and there's going to be an emphasis on just highlighting existing services."

"Our philosophy has always been if you have great services but nobody knows about them, they're useless."

OC Transpo also pledged to extend its Safe Stop program, in which people can request that a driver let them off closer to their destination after dark. Currently, the service is available after 9 p.m., but starting in September, the hours will be extended to after 7 p.m.

Lalonde said OC Transpo has scheduled another meeting with women's advocacy groups for Sept. 9, following an initial meeting last June. GRAHAM LANKTREE/METRO

Focus on social issues can save cops big time

Crime prevention. Ottawa police set to roll out program modelled after Saskatchewan town that cut crime by 11.3%

Police can't predict when crime will happen, but Ottawa cops are set to roll out a new program in September that cut crime in a Saskatchewan town by 11.3 per cent.

"The earlier we can intervene, the better," Sgt. Brent Kalinowski from Saskatchewan's Prince Albert Police Service, said of the Hub program, which twice a week brings him together with social workers, educators and public health to swap notes.

"It doesn't make sense to incarcerate people when we can invest a little bit of money in the way we do business and change people's path," Kalinowski said. He made his remarks after a seminar at the Association of Municipalities Ontario, where attendees heard the cost of policing in Ontario grew to $7.9 billion from $4.9 between 2007 and 2011 and that cities may need to pillage other programs to pay for it in the near future.

"We all want community safety. It's not just the police who own it anymore," Kalinowski said.

He cited an anecdote to illustrate how it works. Prince Albert police, he said, picked up a 13-year-old girl who was drunk. In the past they would work with child and family services to follow her for six months. Yet when they swapped notes with educators and public health, they found she had been in the same condition before and often was truant or slept through class. The discovery led to the revelation she was involved in serious incidents of domestic violence. A team of police, educators and social services were dispatched to her home.

"As we speak, we're working on it," said Staff Sgt. Cori Slaughter of the Ottawa police crime prevention unit of Ottawa's plan to start its own Hub. "A lot of these issues that we deal with as police officers aren't police matters; they're social issues." ALEX BOUTILIER/METRO

Sgt. Brent Kalinowski from Saskatchewan's Prince Albert Police Service talks about the Hub program, a model for community policing that has helped cut that city's crime by 11.3 per cent. GRAHAM LANKTREE/METRO

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Protesters target recent anti-LGBT violence in Jamaica

Hate crime. Murder of Jamaican trans teen shows the dangers outside Canada, says Capital Pride rep

HELEN PIKE
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LGBT supporters banded with Amnesty International and the Ontario Public Service Employees Union on Wednesday for a demonstration in front of the Jamaican High Commission, to draw attention to the recent murder in Jamaica of transgender youth Dwayne Jones.

On July 22, Jones, 16, was beaten, shot, stabbed, run over and thrown into some bushes after appearing at a party dressed as a woman.

"We want to remind people that while in Canada it's relatively safe, it isn't that way for a lot of teenagers, and for someone like Dwayne Jones it's too late," said Jodie McNamara, vice-chair of operations for Capital Pride.

Maurice Tomlinson, Capital Pride's international marshal and a longtime Jamaican LGBT activist, was at the rally to speak about Jones' death, a tragedy he said is all too common in Jamaica. He listed home invasions, mob beatings and attacks that took place over the past few weeks, all of which are underreported, if they are reported at all.

"We are calling for a more proactive action by our government to promote and protect the rights of LGBT, so that's what today's stand is about," he said.

The Jamaican government is slowly starting to speak out about acts of violence against the LGBT community, he said, but more needs to be done to change the homophobic culture in the country.

"I think it's appropriate that Canada realize that if it wants to preserve its culture of inclusiveness and equality, it must invest in ensuring that LGBT rights are protected around the world," Tomlinson said.

Quoted

Canada "must invest in ensuring that LGBT rights are protected around the world."

Maurice Tomlinson, Capital Pride's international marshal

Maurice Tomlinson, Capital Pride's international marshal and a longtime Jamaican LGBT activist, protests outside the Jamaican High Commission on Wednesday to draw attention to the murder of transgender youth Dwayne Jones. HELEN PIKE/FOR METRO

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Ottawa to host LGBT rugby tournament for the first time

Capital Pride and the Ottawa Wolves will host the sixth-annual Beaver Cup — a stereotype-smashing contest in which Canada's only LGBT-friendly rugby clubs the Wolves and Toronto's Muddy York will vie with teams from North America for the cup.

The tournament, which is usually put on by Muddy York's gay rugby football club, will call Ottawa home this year. It coincides with Capital Pride events on the Health & Fitness Day roster — a Beaver Bowl first.

"This is really the first year we're going all out and hosting a gay tournament," said Sylvain Lortie, one of the club's vice-presidents. Although the tournament is typically a gay affair, this is the first year it will be hosted during Pride.

The tournament will be a round-robin event with food and drink for sports fans to enjoy followed by teams marching in the Capital Pride Parade on Sunday.

"I think when we have gay tournaments like this it's a good way for us to put into question the stereotypes about the game which has been traditionally seen as a heterocentric sport," Lortie said. "We're very isolated in terms of our other gay team counterparts, so it's fun to be able to play against other teams and share experiences with other people like us."

Get ready for a howling good time when the Ottawa Wolves host Toronto's Muddy York and North American LGBT rugby teams this weekend. FACEBOOK

HELEN PIKE/FOR METRO

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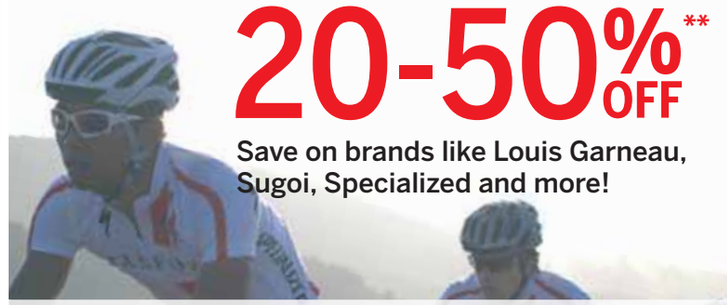

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SkyHawks bring local talent back home for new season

Pro basketball.
Two east-end players part of new roster

BRIER DODGE
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Eric Kibi and Manock Lual are excited to be coming back home to play for Ottawa's new pro basketball team.

During a news conference at city hall Wednesday, as the Ottawans were taking photos with one another in SkyHawks hats, Lual was quick to remind Kibi to send him copies.

The players were both picked up in the Aug. 17 and 18 National Basketball League draft by Ottawa's new basketball team, along with four other Ontario players.

"We're very excited to have these guys up here in Canada," said team owner Gus Takkale. "We're bringing top-notch Canadians back to Canadian soil."

Lual, who attended Rideau High School, was the team's second draft pick. He played locally for the Ottawa Phoenix, then played for the University of Prince Edward Island and eventually professional ball with Medway Park, a team in Britain.

Kibi attended St. Matthew High School before transferring to an American prep school and went on to play for the University of Arkansas at Little Rock.

"It's kind of a dream come true," he said. "Three, four years ago, we never saw this coming."

The team also selected Toronto players Tristan Blackwood, Jerome Brown and Alex Johnson, as well as Belleville's Jamie Vanderbeken.

Johnson, a former North Carolina State player and the first overall draft pick, didn't even intend to try out at the NBL combine.

He went to support a teammate and ended up in a jersey playing with the rest of the recruits.

Takkale said when the administrator tried to tell him he couldn't play because he wasn't registered, the league's president ran down and told him to keep on going.

"Every coach, every GM had his eyes on him," Takkale said. "He was the best player by far. So we went to go see him at a community club by his house."

It's been a whirlwind week for Johnson, who found himself signed with the Ottawa team only days after the draft. "I kind of just ran with it," he said.

Homeward bound

"I'm very excited to play in front of my friends, family and city. Hopefully I can give you guys something to be proud of as well."

Manock Lual, second draft pick for the SkyHawks, on his return to Canada

From left: Ottawa SkyHawks players Alex "Superman" Johnson, Jamie Vanderbeken, Tristan Blackwood, Jerome Brown, Manock Lual and Eric Kibi pose with owner Gus Takkale during a press conference at city hall. JOE LOFARO/METRO

Ottawa Senators forward Mika Zibanejad took time out of his practice schedule Wednesday to teach tots at the Ottawa Senators Summer Hockey Camps. GRAHAM LANKTREE/METRO

Sens forward preps for NHL season

Despite the challenge of a longer hockey season and the departure of fellow Swedes captain Daniel Alfredsson and Jakob Silfverberg, Ottawa Senators forward Mika Zibanejad took time out to give younger players a leg up Wednesday.

"I had fun with the kids. It's a good thing in the summertime," said 20-year-old Zibanejad as he helped tots at the Ottawa Senators Summer Hockey Camps work on their skating technique at the Bell Sensplex.

Zibanejad said he got a chance to speak with Alfredsson about his departure Monday when the outgoing captain joined a team practice at the rink.

"We skated on Monday together," he said. "They're busy doing what they have to do, and I'm busy doing what I have to do," he said of Silfverberg and Alfredsson. "I just wish them luck in their careers," he added.

His main concern is preparing for the coming season, which kicks off for the team Oct. 4 with a game against the Buffalo Sabres.

"It's more travels. It's a tough schedule," he said, noting last year's strike provided a long rest. "We just have to be ready." GRAHAM LANKTREE/METRO

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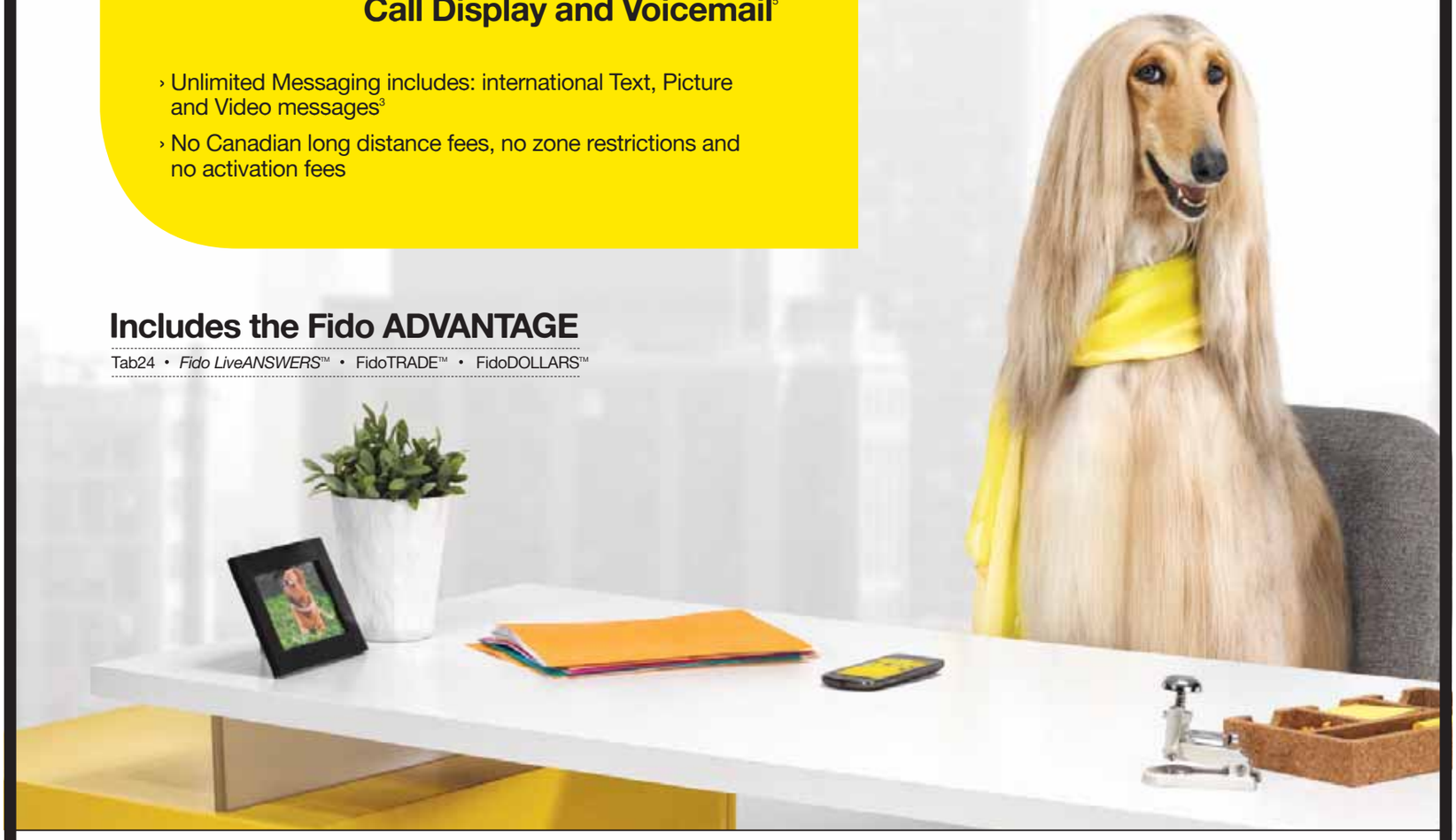

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Calypso heads to court as second suit waits its turn

Slippery spiral. Park faces safety authority as injured thrill-seekers enact their own suit

JOE LOFARO
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Calypso president and CEO Guy Drouin, third from right, scales the waterpark's 10-storey slide, Summit Tower, before officially presenting the ride to the media in June 2011. JOE LOFARO/METRO FILE

As Calypso Waterpark's lawyers head to an Ottawa courthouse Thursday to face charges laid by the Technical Standards and Safety Authority (TSSA), the troubled amusement park is expected to file a statement of defence in relation to yet another lawsuit — this one pegged at $2 million — over alleged negligence.

The TSSA safety watchdog laid 20 charges July 16 following a yearlong investigation into complaints about safety at three of its waterslides in 2011 and 2012. The charges relate to incidents — some of which resulted in serious injuries — at its Bobsleigh, Pirate's Bay and Steamer slides, the TSSA said.

The latest lawsuit, filed three days after the TSSA charges, relates to an alleged injury sustained by Sylvain Provost of Saint-Philippe, Que., on the Aqua Loop waterslide. The slide is not implicated in the TSSA charges.

Provost and other plaintiffs are seeking a total of $2 million for alleged damages that include pain and suffering, loss of enjoyment of life, loss of past and future income as well as medical costs, according to the statement of claim. None of the allegations have been proven in court.

The Aqua Loop slide was one of hottest attractions at the park when staff unveiled Summit Tower to the media in June 2011. The slide's twin separated tubes send two thrill-seekers at a time on a roller-coaster-like ride, hurling them upside down in the air before sending them into a pool of water at the bottom.

Provost was travelling at high speed through the loop at approximately 3 p.m. on July 22, 2011, when he collided with a young woman who had become trapped, the lawsuit alleges. The man suffered major injuries including fractures to his left leg, left ankle and left clavicle, according to the statement of claim.

It goes on to say staff at the water park were not adequately trained on how to ensure the slide is clear of any person or obstruction before allowing the next person down the tube. The lawsuit also alleges employees aren't adequately trained in dealing with injured people at the park.

Provost's lawyer, Christine LaCasse, told Metro on Thursday that her client is "not well" and has undergone eight surgeries since the incident. She said he walks with a limp, wears a brace and has not been able to return to work in the past two years.

"The defendants have retained counsel, and a statement of defence has yet to be filed but is expected," said LaCasse.

Wilson Lee, a TSSA spokesperson, said lawyers will deal with pre-trial motions Thursday in court and the same charges still stand.

"(The length of the trial) is contingent upon legal procedures. But typically in these kinds of instances, a trial can last anywhere from 18 months to three years," said Lee.

Grave allegations

The TSSA said in a news release its investigation into Calypso was one of the most comprehensive investigations of an amusement park it has ever conducted.

- Each of the 20 safety-related charges carries a maximum fine of $1 million.

Video snags thieving cyclist

Ottawa police and Crime Stoppers have posted a video of a cyclist snatching a cellphone from a woman.

On July 24 at around 4 p.m., a man on a bicycle approached a woman and stole her iPhone 5 while she was using it, police say.

The incident was captured on OC Transpo security cameras at Baseline Station near College Square. The iPhone was in a giraffe case with a Centrepointe Theatre sticker on it.

Police describe the man involved in the incident as black, slim and in his early 20s, wearing a black baseball cap with a red brim. He was wearing a black leather jacket and black pants cut off at the knees.

Police are asking anyone with information about the identity of the suspect or any other criminal activity to call Crime Stoppers at 613-233-TIPS (8477), or toll-free at 1-800-222-8477.

Crime Stoppers does not subscribe to call display, does not record calls and people who call the line are not required to testify in court. If their information leads to an arrest or a charge, they could qualify for a cash reward of up to $2,000.

The video can be viewed at metronews.ca.

SEAN MCKIBBON/METRO

A screenshot from a video of the theft, as captured by OC Transpo security cameras at Baseline Station near College Square. CONTRIBUTED

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New hope in Cairo. Envoy says detained Canadians could be freed early

Two Canadians detained in Cairo remained behind bars Wednesday as an uneasy calm allowed the reopening of the Canadian embassy in the Egyptian capital.

Egypt's ambassador to Canada said Tarek Loubani and John Greyson could conceivably be freed before the end of the 15-day period that prosecutors said they were ordered detained.

"Technically it is possible, because these are maximum (detention) times allowed by the law," said ambassador Wael Aboulmagd.

"I think the first period will be four days, and then ... the prosecutor decides if he needs more time."

Aboulmagd stressed, however, that under Egypt's judicial system, he could not interfere in the process, and it would be entirely up to prosecutors to decide whether to release the men.

Loubani, a doctor from London, Ont., and Greyson, a Toronto filmmaker, were detained Friday by Egyptian police.

Friends and family say they were in Cairo after making an unsuccessful attempt to enter Gaza, where Loubani teaches emergency medicine and Greyson was exploring the prospects of making a documentary.

Canadian consular officials were expected to meet with the two men Thursday.

The public prosecutor's office in Cairo says the men face a range of accusations, including threatening security and social peace and possessing ammunition and explosives.

THE ASSOCIATED PRESS

Flood of support

600

The Egyptian embassy in Ottawa has received more than 600 emails and phone calls from supporters of the two Canadians since their detention in Cairo.

Gunmen strike

Drive-by attack kills politician

Gunmen shot and killed a Swedish politician and wounded another in a drive-by shooting Wednesday in Mogadishu, said police in Somalia.

Killed was Abdirahim Hassan, 24, a member of the youth wing of Sweden's Left Party.

Ann-Margarethe Livh, a group leader for the Left Party, was injured in the attack.

THE ASSOCIATED PRESS

27 injured

Angry bus driver plows into crowd

A Chinese bus driver angry over being punished by his company drove a bus into a pack of bicyclists and motorcyclists on Wednesday.

Twenty-seven people were injured, reports said.

The driver had been fined about $32 for exceeding the speed limit and put on leave after he refused to write a self-criticism letter.

THE ASSOCIATED PRESS

Citizen journalism: This photo from a usually reliable source is said to show the tragic aftermath of a purported toxic gas attack in Damascus, Syria. A woman is supported as she mourns over the bodies of children on Wednesday. LOCAL COMMITTEE OF ARBEEN/THE ASSOCIATED PRESS

Children die in gas attack: Activists

Alleged atrocity. Syrian activists claim 100 died in toxic attack in Damascus

Anti-government activists Wednesday accused the Syrian regime of carrying out a toxic gas attack that killed at least 100 people, including many children as they slept.

The purported attack happened during artillery and rocket barrages on the eastern suburbs of Damascus.

Shocking images emerged, showing pale, lifeless bodies of children lined up on floors of makeshift hospitals and others with oxygen masks on their faces as they were attended to by paramedics.

One appeared to be a toddler clad in diapers.

An activist said bodies of 63 of the dead had indications of a chemical attack but he could not confirm it.

"Their mouths were foaming, their pupils were constricted and those who were brought in while still alive could not draw their breaths and died subsequently," he said.

The Syrian regime called claims of the attack "absolutely baseless." Syria's ally, Russia, described the reports as "alarmist."

THE ASSOCIATED PRESS

Quoted

"Such an attack is completely unacceptable and we call on the ... regime to co-operate with the UN officials investigating these disturbing reports."

Foreign Affairs Minister John Baird, saying Ottawa will continue to monitor the situation closely.

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WikiLeaks leaker gets 35 years

U.S. soldier Bradley Manning was sentenced Wednesday to 35 years in prison for giving hundreds of thousands of classified military and diplomatic documents to the anti-secrecy group WikiLeaks, the largest such leak in American history.

The military judge didn't offer any explanation for the sentence. Manning stood at attention and appeared not to react.

The closely watched case has seen the 25-year-old called both a whistleblower and a traitor, and it opened a fierce debate on national security and freedom of expression.

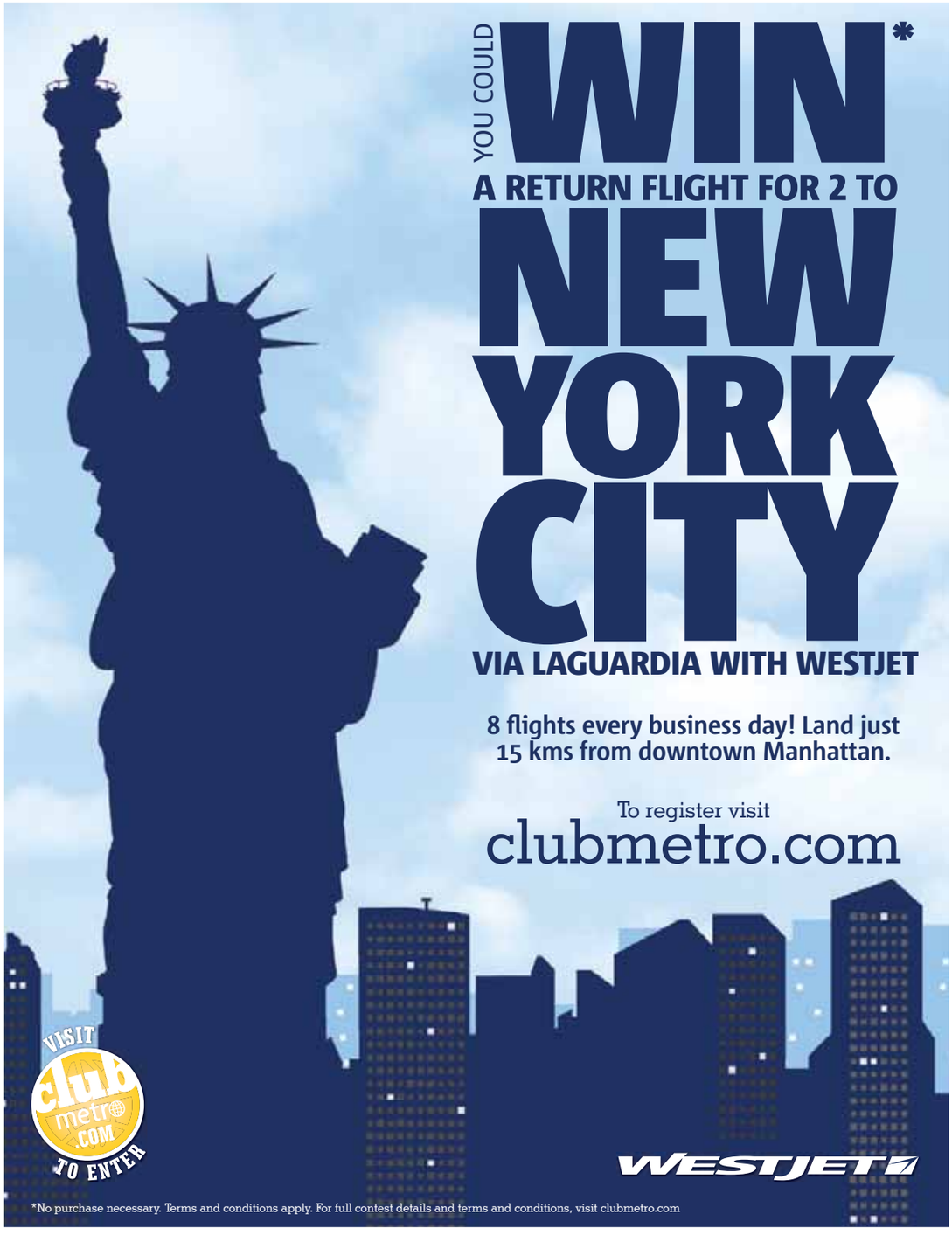
Manning's prominent supporters have included Daniel Ellsberg, whose sensational leak of the Pentagon Papers in the early 1970s exposed U.S. government lies about the Vietnam War.

Army Pfc. Bradley Manning

Manning had faced up to 90 years in prison. Prosecutors had wanted at least a 60-year sentence, saying it would dissuade other soldiers from following in his footsteps. The defence suggested no more than 25 years so that Manning could rebuild his life.

With good behaviour and credit for the more than three years he has been held, Manning could be out in about 6 1/2 years, according to his defence attorney David Coombs. Manning's rank was reduced, he was dishonourably discharged and he forfeited his pay.

THE ASSOCIATED PRESS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Sen. Wallin on the hook for $139K after audit

Paying back the taxpayer. Senate sets final tab for senator's disallowed travel-expense claims

Sen. Pamela Wallin's final bill is in — and it's a whopper.

The embattled Saskatchewan senator and former Conservative caucus member was informed Wednesday that she'll have to reimburse the Senate a grand total of $138,970 for ineligible travel expense claims.

Wallin was already on the hook for $121,348 after an independent audit of her travel expenses, released last week. The auditors advised another $21,000 in questionable claims should be reviewed by the Senate's internal economy committee.

Those claims involved travel to what the self-described "activist senator" deemed "networking events" and other special events, including speeches.

The report

The audit report, which looked at Wallin's claims dating back to 2009, listed 13 networking events, which Wallin had described as primarily lunch or dinner meetings with unidentified representatives of the business, arts and charitable communities.

The committee concluded Wednesday that Wallin should pay back most of those additional claims, worth $17,622.

The decision comes as no surprise. Last week's audit report noted that the internal economy committee's steering committee had already reviewed Wallin's travel claims for so-called networking events and had concluded that "while occasional exceptional occurrences for special events might be acceptable, the volume and pattern of the events listed (by Wallin) would not qualify them as Senate business."

THE CANADIAN PRESS

Sen. Pamela Wallin speaks to reporters outside a Senate committee hearing on Parliament Hill on Aug. 12. The embattled Saskatchewan senator has been ordered to pay back a grand total of $138,970.

PATRICK DOYLE/THE CANADIAN PRESS

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At least 34 people fall ill at Toronto's CNE

Was it the Cronut Burger? 5 hospitalized as vendor who offered popular treat closes down as precaution

Health inspectors are following up with food stands throughout the CNE, including Epic Burger — which serves the Cronut Burger, seen in inset. At least 34 people have reported symptoms of foodborne illnesses at the CNE, public health officials said Wednesday. STEVE RUSSELL/TORSTAR NEWS SERVICE

At least 34 people have reported symptoms of foodborne illnesses at the Canadian National Exhibition in Toronto, public-health officials said Wednesday.

Dr. Lisa Berger said Epic Burger and Waffles, which sells Cronut Burgers, will voluntarily remain closed as a precaution while health officials continue their investigation.

"All the food that was available at that food premises has been disposed of," Berger said. "Samples of that food have been sent to the public-health laboratory for sampling."

Berger said a three-hour inspection of the Cronut Burger maker was conducted Wednesday after people reported vomiting, diarrhea and stomach cramps on Tuesday night.

Paramedics treated 12 people who had symptoms of gastrointestinal illnesses. Five of those were taken to hospital.

Health officials are asking anyone who suffered a foodborne illness at the CNE to contact them.

Berger also noted that there are a number of ways people can become ill at the fair, such as "the hot weather we've had lately, dehydration, heat, food."

THE CANADIAN PRESS

Inquiry. Queue-jumping found to have occurred in Alta. health-care system

An inquiry has found that queue-jumping has occurred in Alberta's health-care system and that an environment exists in which it could happen again.

Justice John Vertes says while claims that queue-jumping was widespread and that politicians were moving people to the front of the line ended up being untrue, there were instances in which people got faster care. He said policies need to be tightened.

"The claim that it was not uncommon for senior executives to receive requests for expedited care proved to be unfounded," Vertes wrote in his final report, released Wednesday. "However ... the inquiry did in fact learn of incidents of improper preferential access and also identified several systemic issues that could foster an environment conducive to such improper access."

Vertes made a total of 12 recommendations to help prevent abuses in the province's $16-billion health-care system.

THE CANADIAN PRESS

Two-month update

Over 14,500 homes damaged in Alberta floods

The Alberta government says more than 14,500 homes were damaged during severe flooding in June.

It also says 2,700 people are still living in temporary housing, in hotels or with friends and family.

The figures are in a two-month flood update provided by the province.

More than 8,000 applications for disaster-recovery support are currently being processed, and payments totalling nearly $7 million have so far been made.

GLOBAL CALGARY/ THE CANADIAN PRESS

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Have illness, will travel

Medical tourism. Tens of thousands of critically ill Canadians pay hefty price for out-of-province cutting-edge care

MATT KIELTYKA
Metro in Vancouver

Comfortable family-like settings help ease the stress for patients receiving life-saving care far from home. JENNIFER GAUTHIER/FOR METRO

Mike Allan wasn't lucid enough even to count down the final days to his death.

Laid out in a hospice, doped up on heavy painkillers and with his family having exhausted all possible avenues to treat his advanced Stage 4b metastatic melanoma, the Prince George, B.C., man had nothing left to do but live out the rest of his life in medicated ignorance.

Until his wife, Karen, received a call from Edmonton's Cross Cancer Institute.

"'I have an idea that might work, but you have to get him here right now,'" Allan, 55, says, relaying his doctor's call. "They threw me in the back of the truck with an oxygen mask and drove to Edmonton."

Flying wasn't an option.

In his condition, transporting Allan to Edmonton by plane would have cost $16,000.

Heavily medicated, Allan doesn't remember anything about that first eight-hour journey from northern B.C. to Edmonton in March of 2011.

All he knows, and all that matters, is that within a week of going on the clinical trial for dabrafenib (available only at the Cross Cancer Institute at the time), he miraculously went from being a terminal patient receiving end-of-life care to being able to breathe on his own.

"I'm still alive!" Allan says when asked how he's fared since, a common response for many cancer survivors.

Making that boast was virtually unthinkable when physicians in B.C. determined the grandfather had run out of treatment options for his skin cancer in 2009.

"Everywhere we went within the regular system, it was always 'no, no, no' and very negative," Allan recalls.

It wasn't until he consulted with Dr. Michael Smylie, a renowned oncologist at the Cross Cancer Institute, that the narrative changed.

"He looked at my chart, looked up at me and (said), 'I can keep you alive,'" Allan says. "It was inspirational that there was hope."

Melanoma patient Mike Allan, top centre, travels from Prince George, B.C., to Edmonton every three months to receive treatment. CONTRIBUTED

Since his astonishing turnaround, Allan has become something of a medical tourist.

The last person still undertaking his particular clinical trail (recently approved by the federal government as a treatment Canada-wide), Allan hops in his pickup truck and drives to Edmonton every three months for three days of exhaustive tests, treatment and followups.

He's not alone.

Every year, an unknown but sizable number of patients (the Canadian Institute for Health Information says there were 43,590 out-of-province hospitalizations in 2011-12, but does not provide details on the kind of treatments received) leave their communities for centres of excellence across the country that offer cutting-edge therapies and expertise that can't be found elsewhere.

The stresses and costs of travelling outside their communities for potentially life-saving care are staggering for the families involved.

Since clinical trails aren't covered under B.C.'s medical-services plan, Allan and his wife (with the help of some organizations such as Save Your Skin Foundation) put up the bulk of the travel and accommodation costs for each visit to Edmonton.

It's a trip they made 27 times in 2011, 19 times in 2012 and 16 times so far in 2013.

Some expenses can be written off through federal tax benefits, but that covers only a fraction of the cost.

"If I had known how expensive it was going to be, I would have bought a house in Edmonton," Allan jokes.

And then there's the long, winding 740-kilometre drive through some of Canada's harshest terrain.

It's treacherous at the best of times, and a nightmare when winter hits the Rockies.

"That's the most stressful part for us," Allan says. "The circumstances can be beyond your control. We've been stuck for 19 hours once because of a crash ahead of us."

Though he knows the cancer can come back at any point, linking up with an expert in treating melanoma has bought Allan priceless time with his family, including the birth of his grandson, Ryder.

Cost of out-of-town care

$2,800

The cost for families who need to travel to get crucial health care can vary greatly. Canuck Place — which covers the expense for its families — says it costs approximately $2,800 to feed a family of four per month at the hospice.

$3,100

Medical and nursing costs at the hospice range from $1,500 a day for a patient booked in for respite (usually a stable patient staying seven days at a time with family members to relax) to $2,500 for pain and symptom management, and $3,100 for a child receiving end-of-life care.

$40K

Clinical trials for new drugs and treatments can also be expensive, though pharmaceutical companies often pick up the bill. Save Your Skin Foundation founder Kathleen Barnard's clinical trial for melanoma cost a total of $40,000, but was covered by the drug company.

$3.3M

Hope Air — a registered charity that offers free flights for patients to get out-of-town health care — spent $3.3 million in 2012, 82 per cent of that directly on providing 6,091 flights.

It says 28 per cent of clients would otherwise have cancelled or postponed treatment had it not been for Hope Air's flight.

Quoted

"If I had known how expensive it was going to be, I would have bought a house in Edmonton."

Melanoma patient Mike Allan jokes about the expense of the 740-kilometre drive from his home in Prince George, B.C., for three days of treatment every three months.

Making the journey easier

Specialized care can drastically increase quality of life even when arduous travel is involved.

That was the case for the Thomas family of Kelowna, B.C. Their first son, Kaden, was born with a life-limiting heart disease and was quickly linked in with Vancouver's Canuck Place Children's Hospice — the pediatric palliative-care provider in B.C. with 77 per cent of its 450 annual patients coming from outside the Metro Vancouver area.

The family of four accessed Canuck Place for treatment, pain management, counselling and respite services for many years (they moved to Ontario at one point but returned for the drier climate of Kelowna and the care at Canuck Place) until Kaden died in September 2010 at the age of 16.

"The only option locally would be to have him admitted into hospital," mother Jennifer Thomas said.

Physicians at Canuck Place devised effective treatment and pain-management plans for Kaden — pain that local doctors had trouble controlling — and liaised with Kelowna care providers to ensure the wheelchair-bound boy was comfortable at home.

Hospice staff were able to answer "all the hard questions" when local pediatricians couldn't, Thomas said.

"We have just a handful of pediatric palliative-care physicians in the province, and five of them are here," said Canuck Place CEO Margaret McNeil. "A family wants to go somewhere where they know has the best experience with a particular disease. And because they're very complicated, it's hard for a local pediatrician to have that experience."

Brothers Kaden, right, and Colby Thomas were regular visitors of Canuck Place as Kaden received treatment for a life-limiting heart disease. CONTRIBUTED

Beyond medical care, Canuck Place takes the stress off families with counselling, family activities and camp trips many take for granted.

"We didn't have any support like that outside of B.C.," Thomas said. "It made a significant difference with our life, marriage and relationship with our children."

Canuck Place — which gets 80 per cent of its funding from donors — foots the bill.

"We really want to make it easy for families to be here," McNeil said. "We believe that there should be no barriers."

There are countless organizations that ease the financial burden of patients who must leave their communities.

Facilities such as Easter Seals House Vancouver offer rooms for $20 a night, so patients don't pay premium hotel rates while travelling for procedures.

Canuck Place CEO Margaret McNeil says the hospice does everything it can to ease the financial and emotional burdens of treatment. JENNIFER GAUTHIER/FOR METRO

The logistics and cost alone can be a defeating experience, says Save Your Skin Foundation founder Kathleen Barnard.

She ran the gamut in 2005 after being diagnosed with melanoma and is now dedicated to making the process easier for skin-cancer patients.

"It was so tough for us as a family," Barnard said. "Do I want to spend that much money and leave home on something offering a five per cent success rate or is it just an added burden?"

Organizations such as Barnard's exist so families don't have to compromise.

MATT KIELTYKA/METRO

Putting specialized care on the map

The health-care landscape across Canada changes constantly, as hospitals acquire new technology and specialists and provincial governments revise their health-care policies. Here's a look at some of the specialized care that Canadians travel for

Edmonton

Only a handful of surgeons can perform pediatric heart transplants. In Canada, most young patients get their new hearts at the Stollery Children's Hospital in Edmonton or SickKids Hospital in Toronto.

Toronto

SickKids: Children come to SickKids in Toronto for specialized treatments of rare cases and clinical trials. The hospital also has arrangements with some provinces for certain kinds of care. For example, Newfoundland and Nova Scotia send pediatric bone-transplant patients here.

Montreal

People seeking gender-reassignment surgery are often referred to the GRS centre in Montreal. The procedure is covered by most, but not all, provinces' health-care plans.

United States

Some Canadian patients must go to the United States for certain procedures, including Open MRIs (for patients whose claustrophobia prevents them from going in a traditional machine), some types of genetic testing, stem-cell transplants and certain complex orthopedic, ophthalmological and cancer procedures.

Winnipeg

Most Canadian patients who need gamma knife radiosurgery for treatment of certain kinds of brain tumours and other conditions go to the Winnipeg Health Sciences Centre or the University Health Network in Toronto.

Halifax

Patients from New Brunswick, Newfoundland and P.E.I. will go to the Atlantic Canada Multi-Organ Transplant Program at the Queen Elizabeth II Health Sciences Centre in Halifax for kidney, liver, heart and pancreas transplantation services.

TEXT: JESSICA SMITH & MATT KIELTYKA/METRO

Stronach, 80, hops on beefcake bandwagon during campaign

Austria. Canadian auto-parts billionaire takes his shirt off in bid for political office

Austria's general-election campaign is heating up with two high-profile contenders — one of them a Canadian — going way beyond rolling up their shirt sleeves. They've taken the shirts right off.

Borrowing a page from Russian President Vladimir Putin's playbook, the beefcake displays are the latest twist in the rivalry between populist Canadian candidate Frank Stronach and Heinz-Christian Strache, head of the anti-immigrant and EU-skeptic Freedom Party.

The two are both seeking the protest vote in Austria's Sept. 29 election. On a continent where mainstream electioneering is normally a staid affair, Stronach was first to doff his shirt.

Wearing jeans and a smile, he revealed a trim 80-year-old upper body as he stood next to his private lake during weekend interviews with Austrian dailies. "I don't need to be ashamed of my body," said the billionaire founder of auto-parts giant Magna International.

Strache responded immediately. A photo of the tanned and athletic 42-year-old clad in swimming trunks appeared Sunday on his Facebook page, with the caption "top fit in the election campaign!"

The battle went into Round 2 on Monday, with Austria's major newspapers carrying the photos along with articles debating whether they constituted below-the-belt campaigning.

Commenting on the "naked duel," the tabloid Oesterreich praised Stronach for "showing the new self-confidence of the generation '60 plus.' In politics. In fitness. In looks." But it warned that Strache's decision to challenge Stronach's gambit "with his fitness-centre muscles" now risks turning the campaign into a circus.

The rivalry started when Stronach founded his Team Stronach organization last year. It aims for the same voters that Strache's Freedom Party views as its own — Austrians disenchanted with both the conservative People's Party and the Socialists, parties that now form the government coalition.

THE ASSOCIATED PRESS

Bare-chested battle

"I don't need to be ashamed of my body."

Frank Stronach, Austro-Canadian billionaire and founder of auto-parts giant Magna International Inc. as he revealed a trim 80-year-old physique to Austrian media.

Ahead of the Austrian general elections, bare-chested displays are the latest twist in the rivalry between populist Canadian candidate Frank Stronach and Heinz-Christian Strache, left, who heads the anti-immigrant and EU-skeptic Freedom Party. The candidates seem to have taken a page from Russian President Vladimir Putin's playbook. Putin, right, is notorious for an array of stunts, including riding a horse bare-chested. LEFT: AUSTRIAN FREEDOM PARTY VIA FACEBOOK; RIGHT: THE ASSOCIATED PRESS FILE

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Sunday Ticket. Google, NFL holding meetings

Google has been holding meetings with the National Football League, raising speculation that the Internet monolith is seeking new inroads into television.

Other tech companies like Apple are reportedly in talks with cable providers to boost access to blockbuster television shows through their devices.

With Google sitting on a cash pile of $48 billion US, the league's Sunday Ticket package is easily within its reach. Earlier this year, Google Chief Financial Officer Patrick Pichette said, "It serves the shareholder best to actually have that strategic ability to pounce" when there is the opportunity to make a major acquisition.

The NFL confirmed its meetings with Google but declined to discuss the nature of those talks, as did Google.

"Members of our office meet often with innovative leaders in Silicon Valley and around the world," the NFL said in a statement. "We are constantly looking for ways to make our game better on the field, in the stadium and for fans."

The contract is currently held by DirecTV, which pays about $1 billion US annually for the rights. That contract, however, expires at the end of the 2014 season. Citi analyst Jason Bazinet believes that DirecTV is losing money on the deal, generating only about $725 million US a year in revenue.

THE ASSOCIATED PRESS

Baltimore Ravens fans watch Super Bowl XLVII. GETTY IMAGES FILE

Internet access

New Facebook partnership aims to get 7B online

Facebook wants to get more of the world's seven billion people — all of them, actually — online through a partnership with some of the world's largest mobile-technology companies. The partnership, called Internet.org, includes electronics giant Samsung, handset maker Nokia and wireless-chip maker Qualcomm Inc. Plans include developing cheaper smartphones and tools to reduce the amount of data required to run apps.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 95.48¢ (-0.78¢)

TSX 12,573.08 (-97.03)

OIL $103.85 US (-$1.26)

GOLD $1,370.10 US (-$2.50)

Natural gas: $3.47 US (+3¢)
Dow Jones: 14,897.55 (-105.44)

TIME TO SHARPEN YOUR PENCILS

HE SAYS

John Mazerolle
metronews.ca

It's almost time for kids to head back to school, which means the back-to-school ads have been out so long that many of the principal actors in them have died.

It's given me lots of time to think about back to school, and reinforced for me how important it is to buy the right things for your school-aged children, lest you ruin their fragile lives.

No pressure.

I don't have kids, which makes me the perfect person to tell you what to buy for yours: Friends are always telling me about what their best-laid child-rearing plans are. But then their kids don't come according to spec and suddenly they're doing things they swore they'd never do.

So as a childless guy I can bring an unsullied perspective to the back-to-school purchases — and jump right to the decisions you're going to make anyway without the high-principled hand-wringing in between.

To me, back to school is the young person's version of New Year's resolutions — proof that we can start with a clean slate and get it right this time. A sweet lie, in other words.

I still miss the back-to-school gift package — mostly because I haven't had a nice, fresh set of clothes since 1993.

I've bought new clothes since then, sure, but I mostly replace items one at a time as they become too threadbare to wear. Sometimes I time it just right and walk into the Gap as a growing gap in my jeans reaches the breaking point, and my pants moult from my body as I enter the changing room, like a denim lobster.

So nothing was better than a whole set of new clothes, backpack and math gear (something where the dinosaur's head turns from different angles, please).

A school-grade kid can quickly build up a lot of baggage — in my case, a backpack filled with ink stains, crumpled papers from three months ago and a crushed banana I'd forgotten about.

But back-to-school supplies also offered a symbolic reset: I could forget about the time I cried in home economics because the teacher yelled when I forgot to add soap while washing the dishes. I could forget when I buried a rose in the snow because Missy Titus wouldn't accept it on Valentine's Day. It helped me forget getting a concussion playing soccer baseball (the concussion helped, too).

Those clean, perfectly folded shirts and pants lying on the bed brought a sense of order to my life. I don't know why I wasn't more popular.

So my advice to parents is: Buy distracting stuff. It doesn't have to be the best stuff, or the most trendy stuff. Just bright and shiny enough that your kids can forget how miserable school is. Bags of eraser shavings were popular at one point in my schooling. So don't go nuts.

With the right level of distraction protecting them from their school years, they can grow up to be whatever they want, maybe even the principals in back-to-school advertising. It's a year-round business.

ZOOM

Way to impress a lady

COURTESY RED BULL

Diver wows near Statue of Liberty

New York's Statue of Liberty was the backdrop for world champion diver Orlando Duque to leap from a helicopter hovering 75 feet (22.86 metres) above the Hudson River. Duque, 38, from Cali, Colombia, performed the stunt to promote the fifth stop of the Red Bull Cliff Diving World Series due to take place in Boston on Aug. 25.

METRO

Diver's viewpoint

"It doesn't get any better than diving in front of something as iconic as the Statue of Liberty."

Orlando Duque, high diver from Cali, Colombia

Dive in seconds

3

seconds is all the time Duque had to land a flying back somersault while travelling at speeds of 80 km/h.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Last year's taxes still not done? Instead of fretting over making time for these necessary-but-heinous tasks, why not get someone else to take care of them for you? Say goodbye to life's annoying administrative chores and hello to outsourcing with the help of these sites:

AskForTask.com:
Toronto-based startup connects people across Canada who either need a hand or have an extra one to offer for anything from cleaning the tub to building a website .

DoMyStuff.com:
Connects people needing help with people offering to give help with just about anything (though the site could benefit from connecting with a designer).

Letters

metronews.ca

RE: Vancouver's Science World Trying To Teach Kids About Sex? How Dare They ... published Aug. 21

They are already being sexualized between magazines, TV, video games, music, and other societal things. This is a huge learning moment for you and your children. Take it, show them and let them ask questions. Education is power, not ignorance or hiding.
Heather Avery posted to metronews.ca

It is better to teach the kids about sex so they can make an informed decision. I'd rather have the kids know about sex minus the self righteous moral guardians than have teenage pregnancies. I have seen that one first hand with someone I knew in middle school who was 13 and pregnant. She ended up dropping out shortly after.
Taggart Romkey posted to metronews.ca

Let's all assume: This is at a public event and establishment. Committees will have been involved in deciding what, and what not, to include. It will be suitable for both genders and for the recommended ages of viewers.

It will likely be better than anything an anxious parent, or a priest, or a misguided peer, or a movie could show and tell. And it provides an opportunity for parents to have an educated talk with their curious kids, or maybe become better educated themselves.

If I lived in Vancouver, I would go. If my kids were not already grown up, I'd take them. Maybe I'd see it myself first to see if it's suitable. We had all the sex conversations with them before they were old enough to reproduce, for their own protection and ours.
DaleWale posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Better than the measles and much cooler than the flu

Marathon of shows.
Fevers set to rock the weekend away with multiple shows and impromptu sets

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Electro indie rock group Fevers is set to release their debut album, No Room For Light, with a 24 hour party. CONTRIBUTED/FEVERS

Electro indie rockers Fevers are getting set to release their debut full-length album, No Room For Light, this weekend with a fever that won't require a trip to the doctor's office.

"We're making our album release more of a party," says Fevers lead singer Sarah Bradley.

The album is officially out on Tuesday but the 24 Hour Fever gets going on Friday night when the band kicks off a series of shows beginning with an acoustic set at Mugshots (75 Nicholas St.) followed by an all-night party with a DJ set by Fevers and special guests.

Then, the band will perform a full electric show at Mavericks (221 Rideau St.) on Saturday night with the chance of impromptu sets in between — they'll be dropping hints about locations via their Twitter page (@feversband) and Facebook.

The 24-hour party to release Fevers' debut album is in stark contrast to the way the record came together.

In order to write No Room For Light, the band members escaped their busy schedules and the buzz of the city, locking themselves up in a summer cottage for 10 days.

"It was a very focused working session because we didn't really have any other priorities except writing," Bradley explains.

"It was very productive and also very relaxing."

She says Fevers' first EP, Passion is Dead, was a compilation of songs the band had written over the years, while their debut LP is more of a collaborative effort.

The band also enlisted the help of a producer this time around, Laurence Currie, who has worked with an impressive list of Canadian artists like Sloan, Wintersleep, Buck 65 and Holy F—.

Bradley admits that Currie's input was "really beneficial to creating a coherent sound," adding that he showed the band a different approach to recording music.

"Something we've never done is create visuals of our songs. So, we would play a song and he would be like, 'Alright, let's deconstruct this,' so you could see the song visually.

"It kind of put the chaos that happens in our heads on paper so we could see it," she says.

"That's the great thing about working with a producer; you're not only paying for an album, you're also paying for a learning experience."

For more info...

For show and ticket info, go to spectrasonic.com or punkottawa.com.

Quoted

"It was a very focused working session because we didn't really have any other priorities except writing."

Fevers frontwoman Sarah Bradley on the band locking themselves away in a cottage for 10 days to write their debut album.

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metro

Saving the pennies for sinking pints

Interview. The man behind The World's End talks about how he kept it frugal when making his latest bromedy

NED EHRBAR
Metro World News in Hollywood

Martin Freeman, left, Paddy Considine, Simon Pegg, Nick Frost and Eddie Marsan star in The World's End. CONTRIBUTED

Edgar Wright knows how to stretch a dollar.

With his Cornetto Trilogy of films — the zombie rom-com Shaun of the Dead, the action bromance Hot Fuzz and his latest, the alien invasion pub crawl comedy The World's End — Wright tackles tales of arrested male adolescence and nostalgia but marries them with heaping servings of genre spectacle.

And that doesn't usually come cheap.

While he won't give an actual figure for the production budget of The World's End, Wright will say it was "more than Hot Fuzz, but less than Scott Pilgrim and less than Paul. And not even double what Hot Fuzz cost. So we absolutely put everything on the screen."

And the effects-filled, action-heaving film actually had a production schedule that was one week shorter than the one for Hot Fuzz. The secret to making it work? More work for Wright.

"The only way that was possible was that I had to direct second unit on Saturdays and Sundays," he says.

"So there were points in the movie where I directed for 20 days in a row without a day off — and I would do main unit and second unit, so I would start at eight in the morning, work through my lunch break and then all of a sudden do another four hours after the main cast had gone. And that was the only way to get through the schedule."

He pauses for a second and knits his brow.

"I'm really just trying to get some sympathy here," he adds with a grin.

But while the amount of money available to him to make a movie has increased since Shaun of the Dead or even Hot Fuzz, Wright still keeps frugality at the front of his mind.

"Everything that I've done has always been really tight to the wire schedule-wise, budget-wise," he says.

"The good thing about working with (the production company) Working Title is that they kind of leave you alone to make the movie on the basis that you keep under-budget and that you keep on schedule, which we did. And so then you can kind of do what you want. But believe me, I've never been in the position where I've felt like I'm having a money fight on set or something. I've never stood on the set and thrown dollars at people's faces."

Not much to say

Edgar Wright is a big fan of social media, using his active Twitter account for both promotion and communicating with fans and friends alike. But when it comes time to make a movie, he clams up on the subject.

- **Quote.** "I actually feel superstitious talking about future projects, which is why during World's End I actually went off Twitter for the entire production. And I'll probably do it again on the next film," he explains. "People want so much information and there's so many websites and everybody wants to do updates every hour all day. I think sometimes it's nice to just have less information out there. Because you don't want people to be sick of it before the film comes out, you know?"

There's a page for that
in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

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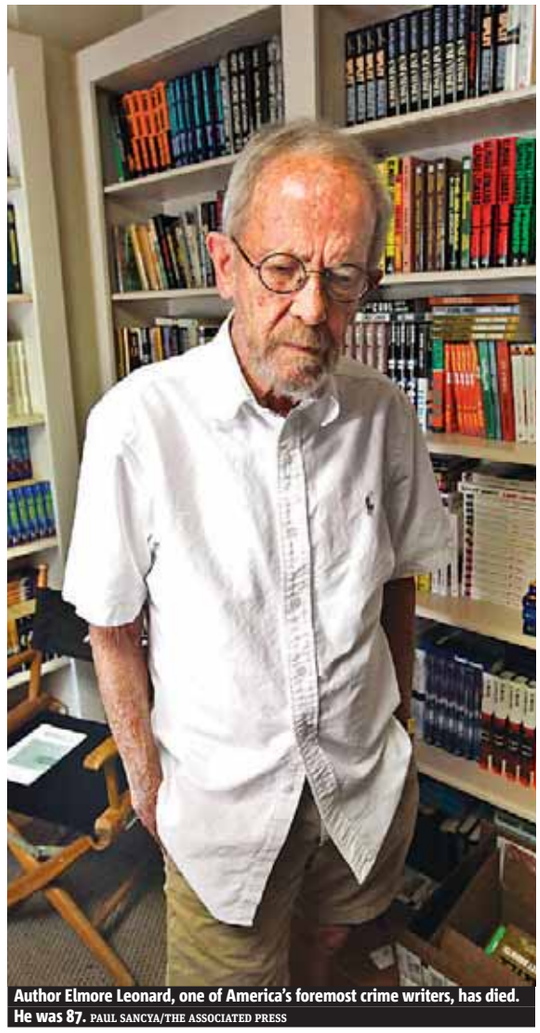
What Aerosmith, George Clooney and some great writing have in common

Elmore Leonard. From his celebrity guests, to his love of Detroit to always writing on paper, Leonard was a one-of-a-kind author


Author Elmore Leonard, one of America's foremost crime writers, has died. He was 87. PAUL SANCYA/THE ASSOCIATED PRESS

Here are 10 things to know about Elmore Leonard, the acclaimed crime novelist who died Tuesday at age 87.

1. HE WROTE ON PAPER
Leonard wrote longhand on 63-page unlined yellow pads that were custom-made for him. When a page was completed, he transferred the words onto a separate piece of paper using a typewriter.

2. HE HATED MANY OF THE MOVIES MADE FROM HIS WORK
Not one, but two films were made from his 1969 novel, The Big Bounce. The first, which starred Ryan O'Neal, "was probably the second-worst movie ever made," Leonard said in 2004.

3. HE HAD FANS IN ALL WALKS OF LIFE
His admirers included fellow writers such as Saul Bellow and Martin Amis. George Clooney hung out at Leonard's place while filming the big-screen adaptation of Out of Sight. Members of Aerosmith also visited.

4. AUTHORS LOVED LEONARD'S 10 RULES FOR WRITING
Often quoted by aspiring (and existing) authors, Leonard's list of writing dos and don'ts, which he wrote for The New York Times, included "never open a book with weather."

5. FAMILY AND FRIENDS DIDN'T CALL HIM ELMORE
As a sophomore at University of Detroit High School, the nickname Dutch was pinned on Leonard. And it stuck.

6. HE BELIEVED IN WORD ECONOMY
Leonard tried to keep his books under 300 pages.

7. A FEW DIRECTORS "GOT" LEONARD
In 2012, he said that his all-time favourite adaptation was 1997's Jackie Brown.

It was made by Quentin Tarantino.

8. HE WAS A MOTOR CITY GUY
His father was a General Motors employee, and Leonard himself wrote advertising copy for Chevrolet and Westerns on the side after college. As a son of the automotive industry, Leonard wrote daily in eight-hour shifts from his home office. "Well, you've got to put in the time if you want to write a book," he said in 2010.

9. HE WAS A MOTOR CITY GUY, PART II
Sure, he was born elsewhere and lived in the suburbs for many years, but Leonard always considered himself a Detroiter. He set many of his novels there. In July, only days after Detroit became the largest city in the United States to file for bankruptcy, Leonard said he believed "we're going to get through it." THE ASSOCIATED PRESS

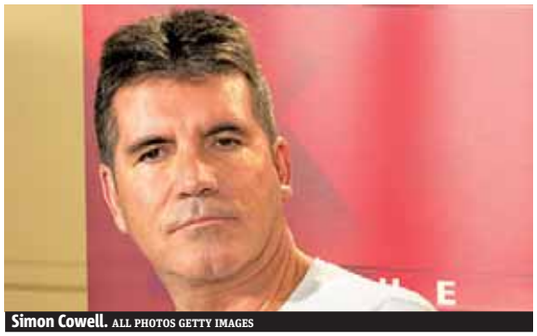
And the last one

Here is number 10

- **LEONARD NEVER GOT TO FINISH HIS 46th NOVEL.** Raylan, which was out in 2012, now stands as his final novel. He told the AP at the end of last year that he was excited about his next work, which working title was Blue Dreams.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Simon Cowell. ALL PHOTOS GETTY IMAGES

Father-to-be Cowell finally finds his voice

Simon Cowell is finally speaking out about the unexpected pregnancy of gal pal Lauren Silverman — and for once he's playing nice. "Things are changing in my life right now, for the better. I'm proud to be a dad," he tells the BBC. "It's something I haven't thought of before ... now I know I feel good about it. And she's a very special girl." Silverman and her husband — and Cowell's pal — Andrew Silverman reached a divorce settlement just last week.

Wentworth Miller ALL PHOTOS GETTY IMAGES

Russian invite rejection signals Miller's coming out

Prison Break actor Wentworth Miller declined an invitation to the St. Petersburg International Film Festival, publishing his response on GLAAD's website: "Thank you for your kind invitation. As someone who has enjoyed visiting Russia in the past it would make me happy to say yes. However, as a gay man, I must decline. I am deeply troubled by the current attitude toward and treatment of gay men and women by the Russian government. The situation is in no way acceptable, and I cannot in good conscience participate in a celebratory occasion hosted by a country where people like myself are being systematically denied their basic right to live and love openly."

The Word

Scientology failed to get Bono and Brad on the hook

The Church of Scientology tried to recruit both Brad Pitt and Bono in the 1990s, according to former Scientologist Jenna Miscavige Hill, niece of Church leader David Miscavige. "I think that celebrities are more inclined to be egocentric and Scientology caters for that — you're your own God. They're probably being told that all the time," she tells Radar Online. "But they're probably insecure, so the self-help of Scientology lends itself to that. And Scientology is meant to save people and the world, so the charitable thing appeals to a celebrity. If you're egocentric, not always confident or insecure because of being in the public eye and want to be charitable, Scientology pushes your buttons. That's why someone like Bono would fit the bill perfectly as so many people know him." According to Miscavige Hill, Pitt went through the Church's entry-level Purification Program while dating Juliette Lewis but ultimately decided it wasn't for him.

Lindsay Lohan

Lohan's Oprah sit down doesn't live up to billing

Despite all the buzz and build-up, Lindsay Lohan's much-discussed sit-down with Oprah Winfrey failed to produce much in the way of ratings. The one-hour special averaged 892,000 viewers during its premiere, with an average of 504,000 viewers tuning in for the encore broadcast that immediately followed. By contrast, Winfrey's interview with Lance Armstrong in January pulled in 4.3 million viewers, breaking records for her OWN network. The Lohan special came in just above normal.

Twitter

@ElizabethHurley
Another gorgeous day- is this the best English summer we've had for years? Bliss....

@MichaelChiklis
When I think of all the different languages that developed literally right next to each other I can't help but think: How did Europe happen?

@JuddApatow
At least I didn't eat fries. (Positive re-enforcement for the end of the day

beauty event
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SHOPPERS DRUG MART

The foolproof transitional season uniform

The perfect, simple outfit to cleanse your palate before autumn's trends roll in

METRO WORLD NEWS

The simple, classic white shirt and jeans combination is an under appreciated thing. Too often it gets bogged down with hyper-personalization: a wacky jacket here, piles of quirky necklace layering there. It's that rare, perfect outfit in which a set of fashion staples converge in a can't-screw-it-up formula. But sometimes, the best way to pull this off is by not tampering with it too much. The simplicity makes this look a nice breather of a palate cleanser before preparing to unpack all of the heady, intensity (bell shaped skirts the size of small cities anyone?) that will be autumn's trends.

Topshop
Moto Smokey Green Leigh Jeans, $76, topshop.com.

Lizzy Disney
Lock Bag – Black, $430, darkroom-london.com.

& Other Stories
Leather Belt, $44, stories.com

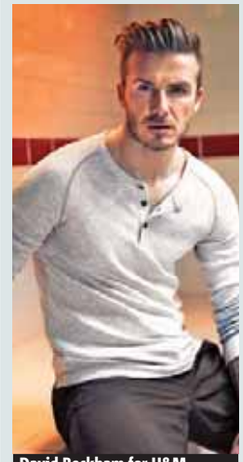
Charlie Collins, who we spotted in London, looks flawless in an unaffected kind of way because she didn't go overboard with the styling. METRO

Zara
button neck blouse, $50, zara.com.

Loeffler Randal
Pippa Collar flats, $275, shopbop.com.

Spitfire
Mainstream Wayfarer Sunglasses, $41, asos.com.

Dress it like Beckham



David Beckham for H&M HANDOUT

H&M to sport the vintage and the varsity this season

Trend-conscious gentlemen who head into H&M this fall will likely pick up on the heritage sportswear feel of David Beckham Bodywear pieces. The newest campaign launched on Aug. 22 and is full of old East London atmosphere. Raglan-sleeve jersey and henleys come in athletic greys, alongside grey tank tops and a three-pack of grey trunks.

Pajamas are an essential both for lounging and sleep, and this autumn there are ribbed pajama pants, as well as full-length or short pants in drawstring jersey.

Coinciding with the new pieces will be a brand-new campaign set in an old-style sports changing room. It marks the latest stage in David Beckham's long-term collaboration with H&M, centred on a core collection of body wear pieces which are available all year round.

METRO

Kellan Lutz GETTY IMAGES

I love fashion Lutz and Lutz

What's a hulking vampire to do without moody mortals in distress and with no more computer-enhanced battles to wage in the forest?

For 28-year-old Twilight actor Kellan Lutz — better known as Emmett, the heartthrob brother of leading man Edward — it's still about looking as good as superhumanly possible.

Lutz unveiled his Pre-Spring 2014 collection with Abbot + Main this week in Las Vegas during MAGIC, one of the fashion world's most influential trade shows.

"It's great to find something outside of acting," he said in an interview Monday at a Las Vegas Strip hotel suite, resting a chiselled, stubbly chin on a sofa pillow.

Born in North Dakota and raised in Arizona and the Midwest — places he described as trendiness-challenged — he started modelling at 14 and developed an eye for style hanging out with fashion and photography greats.

Soon enough, he stopped borrowing clothes from some of his six brothers. They were borrowing from him.

His brand — which debuted in 2011 and is named after an intersection in the beachy-cool Venice Beach, Calif. neighbourhood where Lutz once lived — mainly consists of soft, slim-fitting T-shirts and not-trying-too-hard hoodies.

Initially just for men, two-thirds of the collection is now for women.

THE ASSOCIATED PRESS

Trends Report

- Does the thought of insects creep you out? Now, how about using these creepy crawlies to keep you pretty? Go online to Trends Report to learn about some bizarre bug-inspired beauty secrets reportedly used by the rich, royal and famous.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

The Kit

Canadian street style

Spotted in: Toronto

Angie

International Master student

What she's wearing

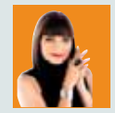
Shoes from Sportsgirl, Chicabooti shorts, Sportsgirl shirt, sunglasses from K-Mart, Michael Kors watch, and H&M purse.

Her inspiration

"A good deal! Anything comfortable and casual, but still comes off as being well put together. I walk everywhere, so I get a lot of ideas from people watching and street style."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Our view of beautiful Bonne Bay! @writersatwp #Newfoundland

Last nite's Legion Hall jam with Peter DeSoto, Mintzse, Sandy Morris, Des Walsh+Charlie Payne. #Newfoundland

Maybe too steamy today, but looking forward to a cozy fall in my new @EDITbyJeanneB graphic poncho

With the suave @DanJLevy playing with our glasses @theloop @DLeyewear @FyshUK @EDITbyJeanneB http://www.DLeyewear.com

Smoothing out those post-summer strands

Mane management. When your hair feels more hay-like than heavenly, it's time to seek treatment

KATHRYN GILBERT
Metro World News

We'll miss you summer, but we won't miss what you do to our tresses. ISTOCK

It's the end of summer and your locks have had enough. From simply being out in the sun to swimming in the ocean, this time of year isn't the kindest to hair, and many of us don't give it the same attention as we do our skin. So, we turned to celebrity hairstylist Johnnie Sapong, who's worked with everyone from Rita Ora to Natalie Portman, for advice on how to protect and rehydrate your hair at summer's end.

Get your products right

"Using the shampoo and conditioner that work best for your hair type is really important," says Sapong. "Go for sulfate — particularly sodium lauryl sulfate — free ones. You need to apply the same moisturizing process to your hair as you would your skin." And if your hair is at its breaking point: "At the salon, we use a lot of Leonor Greyl's Huile de Palme because it imparts similar oils to the ones the hair produces naturally," says Sapong.

Fight oil with oil

We can often be wary of oils due to the greasy feeling we associate with them, but Sapong says it's all about process. His advice: "Take three tablespoons of palm oil, apply to the mid-lengths and ends, then brush through. Leave for 20 to 30 minutes, wrap a towel around your hair so the heat can activate the treatment, and then shampoo."

Make the sun work to your advantage

"Leave some conditioner in whilst in the sun. It'd be like a treatment. Products with UV protection are a good choice, too."

SPA JUNKIE AND *The* ART OF STRAIGHT TALK:
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Global style comes to Canada

Zara Home opens in the Great White North, allowing Canucks access to the Spanish store's decor gems.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

When Zara fashion stores first opened in Spain more than 30 years ago, they were a big hit.

Their up-to-date fashions at affordable prices has always kept the global-style shopper happy. Now home decor enthusiasts have something equally exciting to look forward to: Zara opens its first home decor and style store at Yorkdale Shopping Centre in Toronto on Thursday, followed by an opening at Carrefour Laval in Quebec.

From small furnishings, bedding and tabletops Zara offers up-to-the-minute home fashions for every room in the house. Twice weekly new home fashions will be delivered to stores to keep the merchandise fresh and the assortment new every time you visit.

Canadians can now also shop online at zarahome.com.

I went shopping around and here's a sneak peak at a few of our in-store and online favourites; luxury-styled items caught my eye as must-haves this fall.

Expect a wide range of decor styles to be sold at Zara stores and online. New products are introduced every two weeks, which gives home decor enthusiasts a reason to visit the Zara stores often.

Ceramic Lamp $200

Navy and white never go out of fashion and look crisp with the neutrals or pops with other strong colours. Switch the white shade for a gold metallic and it will go from traditional-chic to instant glamour. Buy these in pairs — a good way to display classic lamps.

Gold Monogrammed Flatware $10-12

Gold is one of the season's biggest decor trends, so why not add it to your dining experience? These are ultra chic and not just for formal occasions. After all, you deserve the everyday lux experience of eating with this latest trend.

Square Glass Tables $270

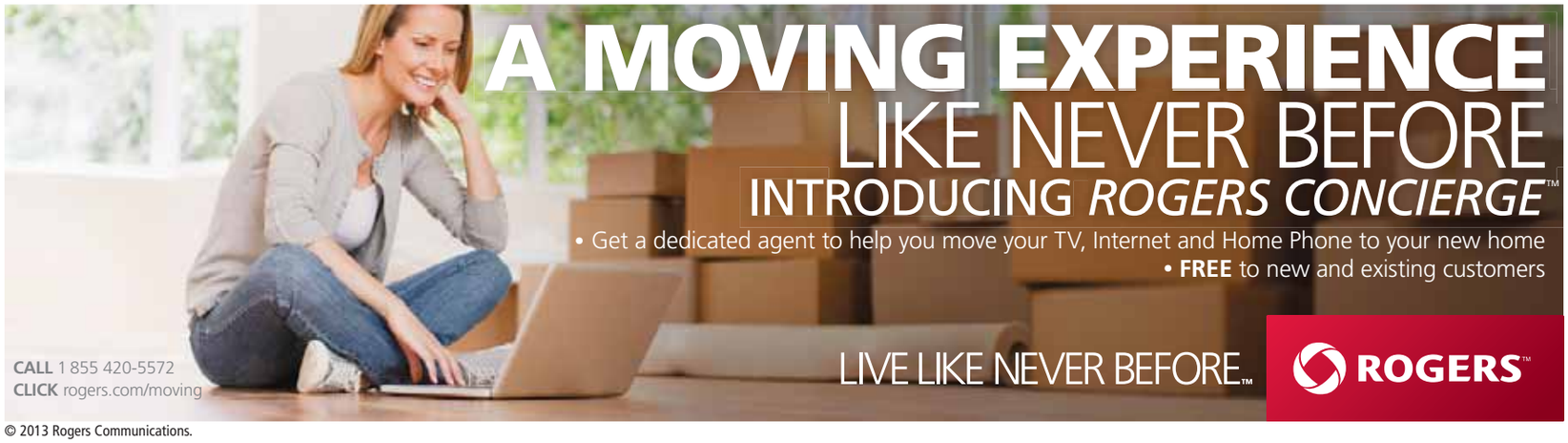
Wherever you place them, these tables will make your room look light, airy and sophisticated. Two sets side by side will make a very versatile coffee table for the living room.

Velvet Cushion with Feather Trim $60

Lux prevails with fresh green velvet and feathers. A great way to add this year's most coveted colour and to wake up a boring chaise lounge or neutral sofa. Use with caution — no more than two pillows or your sofa will look like an ostrich farm.

Fur Blanket $200

A great wrap for chilly nights on the patio or by the fire during the winter months; luxury fur trims are everywhere on the fashion runways and the trend in home decor is no exception.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This story sucks: The art of vacuuming

Cleaning. Here are some tips on methods and machines to help make the chore less of a challenge

Is housekeeping drudgery? Not to us members of the unofficial "clean club."

You know if you belong: You enthusiastically discuss your favourite cleaning tools, staying loyal to equipment and techniques that have served you well over the years. You understand the difference between a crevice tool and an upholstery nozzle. Vacuuming? You see it as an art.

But what if you don't love to clean? Well, chances are you still need to suck it up.

Vacuuming how-to

Kit Selzer, senior editor at Better Homes & Gardens magazine, says you shouldn't begin cleaning by vacuuming.

"Vacuum after you've dusted. Pick up every possible thing from the floor, and move dining chairs and side tables out of the way so you have as much open space as possible," she says.

Professional house cleaners call this "top down cleaning" — you start at the top of the room, so particulates settle. Tackle ceiling corners, window treatments, furniture and finally the floors.

Selzer also suggests keeping the attachments — crevice tools and small brushes — handy as you get started.

"They're invaluable for getting dust, dirt and pet hair while you already have the vacuum out. Use the crevice tool in corners and along the baseboards, the upholstery brush on anything made of fabric and the dusting brush on blinds, books and lampshades," she advises.

Other tips:

• Small rugs act like mini mops, gathering up a lot of debris. Take them outdoors if possible for a good shake before vacuuming. If you can't do that, vacuum the rug thoroughly on both sides, roll it up and put it aside until the floor's been dealt with.

• For big rugs, the Dalton, Ga.,-based Carpet and Rug Institute recommends slow, overlapping motions front to back. Start from the centre of the rug and move out to the edges to prevent fraying. Don't go over one spot too many times; make three or four passes.

• Change the direction your vacuum passes frequently.

• For bare floors, use a good, soft brush to protect the floor. Brushes will harden over time and need to be replaced.

• Replace your machine when it no longer sucks like it used to. But make sure it's not just suffering from a clogged hose, filter or intake. Resist the fun of slurping up coins or small objects, as they can jam up the hose or, worse, the motor.

• Empty the canister or vacuum bag when it's a half to three-quarters full; don't wait until it's stuffed. By then, you haven't been sucking up anything, just dispersing dirt by moving the vacuum around.

Choose your weapon

There are two camps when it comes to regular vacuum models: uprights and canisters.

Canister fans tout the tote-ability of a lightweight machine that can be easily carried up stairs and manoeuvred from room to room, and has a wand that gets under furniture.

Upright lovers prefer to push than pull; these models tend to glide easily across floors and carpeting, and the dirt receptacle generally has a larger capacity than can vacs.

Canister faves include Eureka's Mighty Mite, Miele's Olympus and Delphi models, the Bissell Zing and Panasonic's Opti Flow. Well-rated uprights include the Shark Navigator Elite, the Dyson DC41 Animal, Hoover Wind Tunnel, Miele Cat & Dog and Bissell Clean View.

Oreck's line of uprights and canisters are lightweight and low-profile, with long-lasting belts and room-friendly bumpers and wheels.

Dyson's line is certified by the Asthma and Allergy Foundation of America. Its multi-floor model has a long, 16-foot cord and a large-capacity dust bin. All of Dyson's vacuums are bagless. The company recently introduced a cordless machine that's a kind of hybrid vacuum/ Swiffer. The Dyson Hard has a double-edged cleaner head that sucks up dirt, and also has a wet wipe to remove dust and grime in one action.

Roomba is the market leader in robot vacuum cleaners, those little round gadgets that clean on their own and have a rechargeable battery.

Their top-end model has not one but two HEPA (high efficiency particulate air) filters. Moneual's Rydis robot cleaner has a lot of different cleaning modes and an optional microfibre mop attachment. Neato Robotics' XV Signature Pro creates a vertical map of the room before it gets to work.

Just like us clean freaks.

THE ASSOCIATED PRESS

Rydis robot vacuum from Moneualusa.com

Dyson's new Hard vacuum has a double-edged cleaner head that allows users to vacuum and wet mop at the same time.

Rydis robot vacuum has several cleaning settings, including an option to schedule a clean while you are away and a room indicator system to custom design the vacuuming intensity in different parts of the room — under beds, on carpets, etc. THE ASSOCIATED PRESS /MONEUAL USA

Got pets?

Use crevice tools and upholstery nozzles to remove hair from tiny corners and baseboards as well as furniture. Vacuum throw pillows, mattresses and curtains weekly to remove pet dander and fur.

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GALLERIA 2 OFFERS AN IDEAL LOCATION

Ottawa's newest condo combines an ideal location with the finest in amenities. Galleria 2, on Besserer Street near King Edward Avenue, is adjacent to the best in shopping, nightlife, culture and recreation.

Galleria 2 is a 14-storey building with a full complement of modern amenities: Indoor swimming pool, fitness area with his and hers saunas, and lounge with outdoor patio. Ready for occupancy in less than four weeks, the condo units are all bright and airy, and feature open-concept designs, a balcony or terrace, and six appliances — four of them stainless steel and all EnergyStar rated.

The building's location sets it well apart. The University of Ottawa lies a few blocks south, while the bridge to Gatineau is immediately north. Numerous parks, along with the recreational paths of the Ottawa and Rideau rivers, are nearby. And the ByWard Market — a regional hub for more than 150 years — begins a few blocks to the northwest.

The ByWard Market is home to more than 500 businesses, nearly all locally owned and operated. There are stalls stocked with fresh produce, restaurants catering to every taste and budget, clubs, pubs and cafés, along with museums, boutiques, galleries, and hair and esthetics salons.

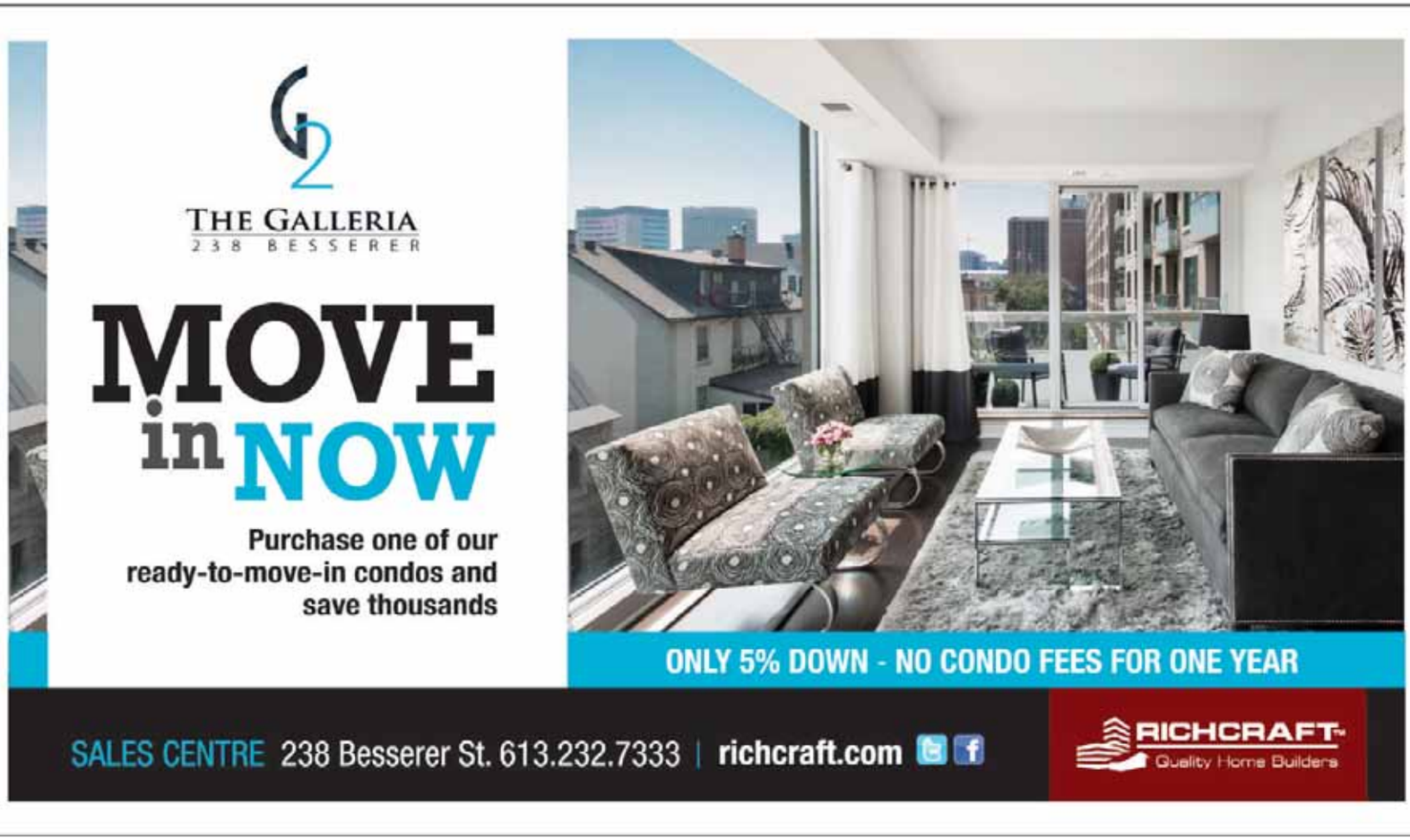
"The location makes Galleria 2 quite appealing," says Shawn Bellman of Richcraft. "The units have been particularly popular with homeowners looking to downsize and with young people who recognize the opportunity that such a prime location provides."

Galleria 2 mixes classic and contemporary styles with generous amounts of glass, stone and brick to blend in with both its sister tower (Galleria 1, completed a few years ago) and the surrounding Sandy Hill neighbourhood. Along with 197 condos, Galleria 2 has 5,000 square feet of ground-floor commercial and retail space. Units come in a variety of one- and two- bedroom layouts, and range in size from 590 square feet to a little more than 1,000 square feet. Granite kitchen countertops are standard. Each unit comes with a locker and storage space, and underground parking is available.

CONTRIBUTED

Best of all, Richcraft is offering a promotion of five per cent down and no condo fees for a year.

Prices start at $282,000.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LET THE HUNT FOR A CONDO BEGIN

Shopping for a new condominium is an exciting process. But as with all substantial purchases, there are important considerations to be weighed before making your final decision.

Firstly, if you don't need to move into a new home immediately, you should know that there are significant advantages to buying your condo during a development's planning stages. In order for a builder to receive construction financing, that builder typically needs to show that a percentage of the suites have been sold. To reach this goal, it's in the builder's best interest to offer better prices earlier on in the sales process. Buying early can result in substantial savings, and offers the greatest equity growth potential.

Consider where you want to live. While the most important factor influencing price in real estate is location, this doesn't mean that the priciest section of town is necessarily the best for your personal lifestyle. Consider proximity to your workplace, and to the kinds of amenities you feel are important.

This raises the question: How much do you want to pay? Some factors to consider when selecting your suite include functionality of the layout, exposure to natural light, ceiling heights, and access to a balcony or other outdoor space. A development's curb appeal and amenities (gym, pool, theatre, roof top terraces) will affect both your enjoyment of your home and its resale value.

All condos are not created equal. What's behind the walls — mechanical systems, for example — is just as important as those things you can see, such as the finishes, though, admittedly, more difficult for a homebuyer to judge. That's why choosing a builder with a good reputation is crucial. Speak with a real estate team that specializes in condos and can give you all the information you need.

There is no denying that buying a home is an emotional process. Just be sure not to let your heart rule your head.

Learn how you can buy three homes from one at ottawarealestateedge.com.

– Marnie Bennett, broker

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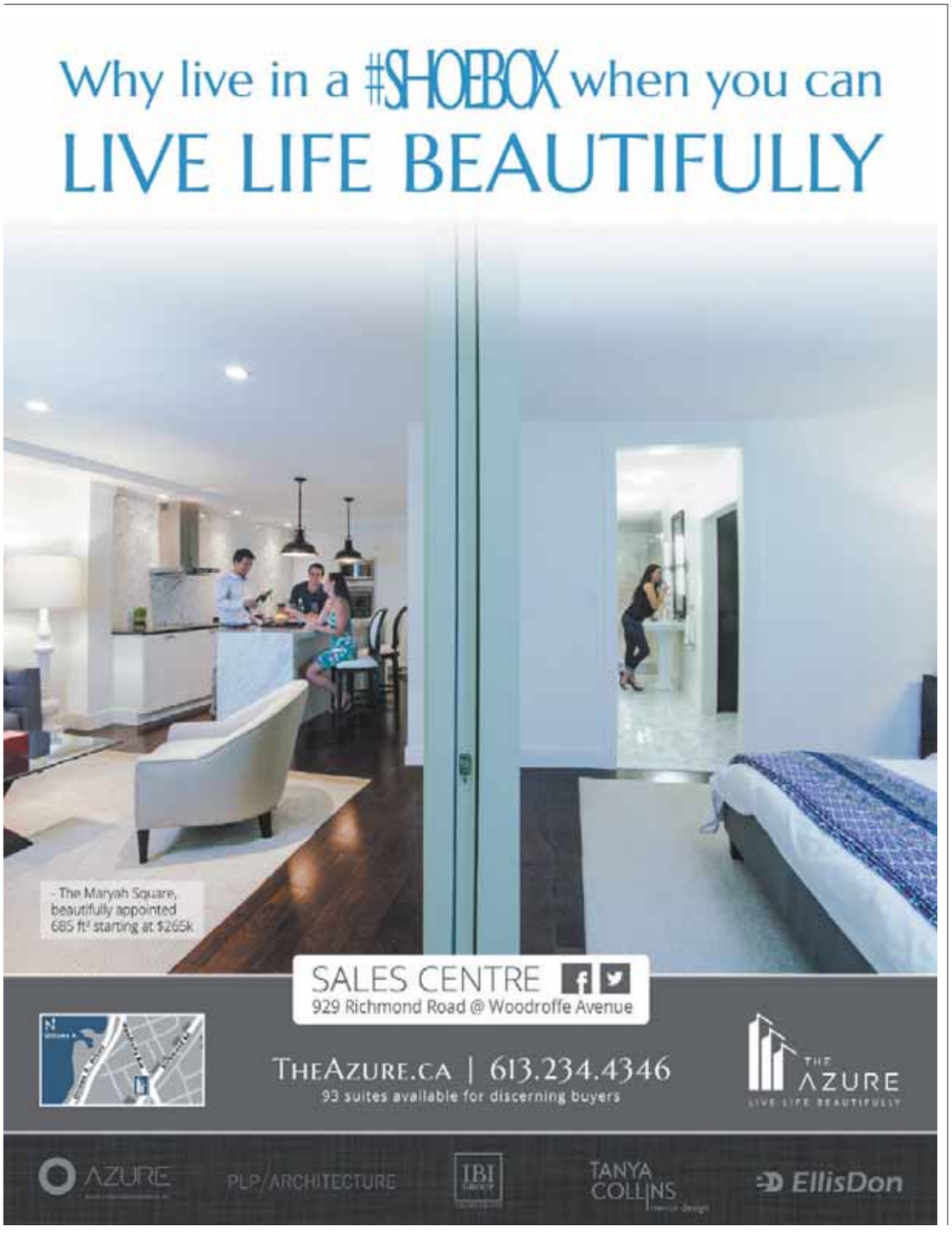


A BLEND OF STYLE AND CONVENIENCE

The Azure, perched on the edge of one of Ottawa's most desirable neighbourhoods, offers the perfect blend of European style and North American convenience. Created by award-winning PLP Architecture of London, England (in collaboration with Canada's IBI Group), The Azure features a striking design that maximizes accessible outdoor space, natural light and river views.

"While some developers claim their projects incorporate international styling, The Azure takes this to a new level — it was designed in London by architects who practise all over the globe," says John Thomas, managing director of Azure Urban Developments Inc.

"The differences are significant and our clientele picked up on this immediately."

The Azure's design philosophy reflects the more expansive British and Parisian attitude towards urban living, with families living in large downtown flats. The result is a more genteel and gracious style of living with spacious layouts separating private and public space, of which Thomas is quite passionate about.

"We agonized over the layouts. My partner, Mitch Kitagawa, and I taped them to scale on the floor and walked through them to ensure that each unit flowed just right."

The interiors, designed by Tanya Collins, are quite spectacular, reflect a cosmopolitan yet modern vibe and meticulous attention to detail, and use top-quality materials.

"These are some of the best one- and two-bedroom residences in Ottawa in a building that could just as easily be situated on the banks of the Thames," Thomas says.

The below-market pricing is particularly attractive to value-conscious Ottawa condominium buyers.

"I believe in the Toyota business model," Thomas says. "Build it better than you have to and sell it for less than you can. The Azure is an unbeatable combination of great location, graceful, high-quality design and exceptional price."

The Azure, ideal for first-time homebuyers, supports a modern, active lifestyle. One-bedroom condos — modelled after a five-star hotel project in Kuala Lumpur and unlike any other space in Ottawa — start at $265,000, below market prices.

"The Azure is absolutely stunning," says Kelly LaPointe, who reserved earlier this year. "I knew the moment I walked through the door I wanted to live in one of their suites."

CONTRIBUTED PHOTOS

IDEAL ADDRESS FOR THE YOUNG AND TRENDY

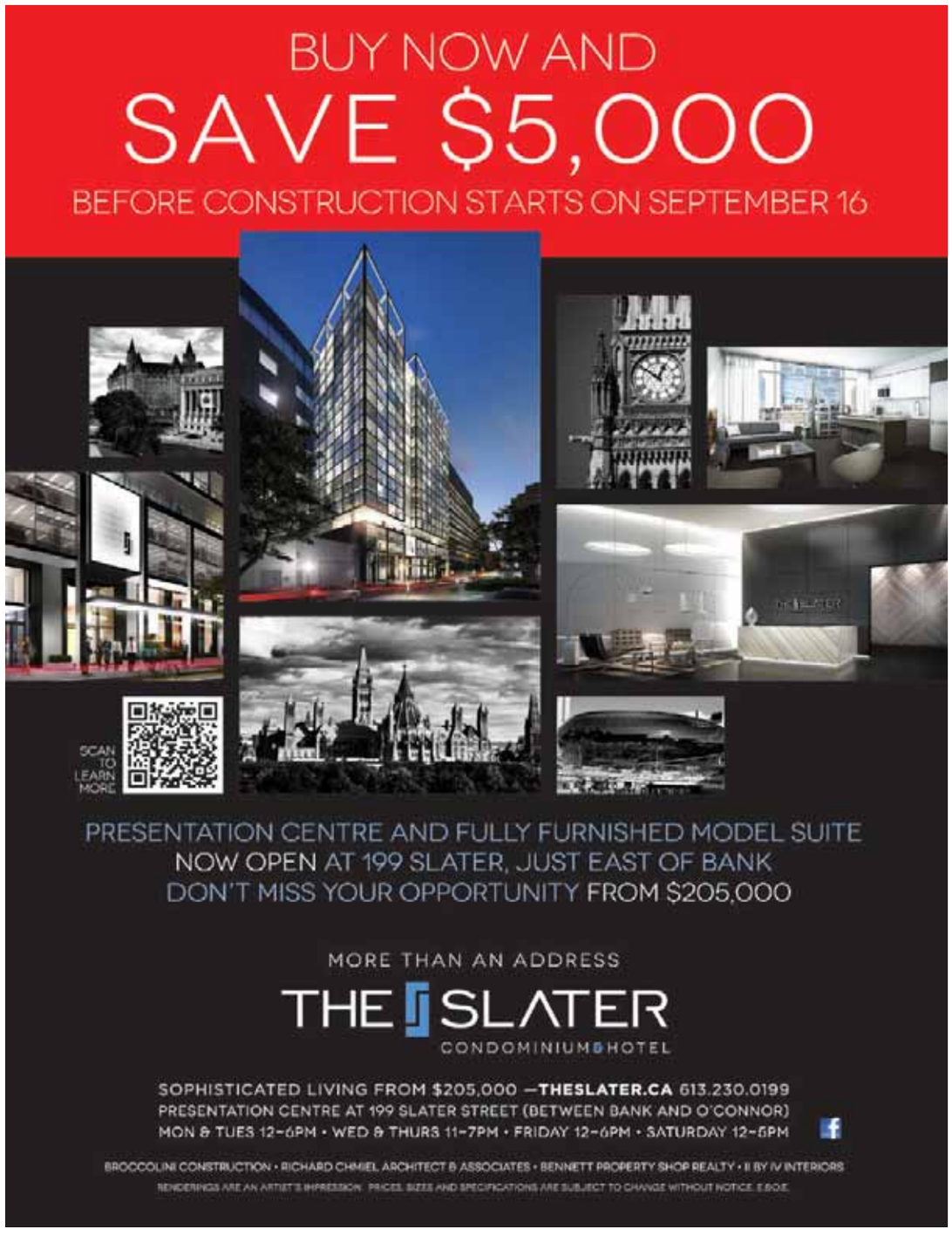
Ottawa's newest condo combines an ideal location with the amenities and comfort that support a modern, active lifestyle. The Slater, situated between Bank and O'Connor streets, is a luxurious, 22-storey building boasting an intricately inspired mix of retro and modernist styles.

Just blocks from the shops of Rideau Centre, and Sparks and Bank streets, Ottawa's centres of commerce and government, and the National Arts Centre, The Slater takes convenience and style to new levels. An architectural marvel, the building's black-and-white exterior is classically chic, yet bold and commanding; the lobby's matched marble accents and custom lighting create an elegant, welcoming mood.

Inside, the 178 chic, modern condos come in a variety of configurations — from studios and one- and two-bedroom units to sumptuous two-level penthouse suites. The layouts favour spacious and open-concept living spaces, modern, trendy kitchens, sleek hardwood flooring, and an abundance of natural light. Most units have private balconies with aluminum and glass railings while penthouse and fifth-floor suites include private patio terraces. Amenities on the fifth floor include an outdoor kitchen area and hot tub; inside is a private formal dining room, games room and gym, private screening room, and club lounge with double-sided linear fireplaces.

As the first residential building on the street, The Slater offers the ideal address for young and trendy professionals who want a modern, stylish home in the heart of it all. The National Capital Region's finest attractions are a short walk away, including world-renowned recreational paths and the Rideau Canal. More than simply a home, these condos represent an investment in a new lifestyle that prioritizes style, beauty and functionality. Prices start at $205,000, but buy before construction starts and save $5,000.

Residents can entertain in the private formal dining room, or alongside one of the two double-sided marble fireplaces in the Slater Club. The games room and private theatre are ideal for more casual events. With its breathtaking views of the city, The Slater terrace is perfect for outdoor get-togethers, al fresco dining experiences or a relaxing soak in a hot tub. And the on-site concierge enables residents to fully enjoy the carefree condo lifestyle.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Mirror, mirror on the wall, who's the most versatile risotto of them all?

"This is a great risotto recipe that uses lemon and asparagus as its flavour boosters. Feel free to experiment with other vegetables and cheeses to create your own signature risotto," writes Mary Rolph Lamontagne in her book Eats.

Ingredients

- 3 cups chicken stock, approx. (or vegetable stock for a vegetarian option)
- 2 tbsp olive oil
- 1/4 cup minced onion
- 1 cup arborio rice
- 1/4 cup dry white wine
- 1/2 tsp lemon zest
- 1/4 cup soft goat's cheese
- 1/2 cup freshly grated Parmesan cheese
- 1 cup cooked, chopped asparagus
- Salt and pepper
- 1 tsp butter
- Pea shoots (optional)

1. Bring the stock to a simmer in a saucepan.

2. In a separate medium-sized saucepan, heat 2 tablespoons of oil over medium heat. Add the onion and cook for a few minutes until translucent. Add the rice and cook for 2 minutes more, stirring until nicely coated and opaque in colour. Add the wine and stir until most of it has been absorbed.

3. Add 1/2 cup of stock to the rice, stirring continuously until the liquid is almost completely absorbed. Add more stock in 1/2 cup increments and repeat this process until the rice is tender, but still firm to the bite, 15–20 minutes. Remove from the heat.

4. Gently stir in the lemon zest, goat's cheese, Parmesan and the asparagus. Add salt and pepper to taste and the butter. Cover and set aside for 3–5 minutes. Serve with a garnish of Parmesan shavings and pea shoots.

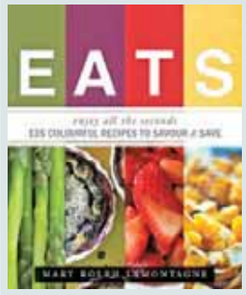
Asparagus Risotto

This recipe serves six. CONTRIBUTED/ EATS BY MARY ROLPH LAMONTAGNE

ALL RECIPES EXCERPTED FROM EATS ENJOY ALL THE SECONDS: 135 COLOURFUL RECIPES TO SAVOUR BY MARY ROLPH LAMONTAGNE, WITH PERMISSION.

Cookbook of the Week

A splash of colour for your table



Eats by Mary Rolph Lamontagne is filled with creative recipes and simple basics — from all over the world — that make using leftovers a breeze. Fruits and vegetables (the most highly wasted items in a fridge) are prepared in master recipes and then reinvented in three or four others. Mary also offers tips for buying, growing, cooking, storing and freezing ingredients.

Among the recipes are: Tanzanian Eggplant Curry, Apple Sauce Spice Muffins, Spinach and Ricotta Gnocchi, and more. METRO

Appetizer. Zucchini Bites

"This is a great way to use up leftover plain quinoa or even quinoa that has been prepared with flavourful herbs or minced vegetables," writes Mary Rolph Lamontagne in her book Eats.

"Add some egg, a little flour and some cheese and you cannot go wrong."

Lamontagne sometimes substitutes chopped cooked spinach for the grated zucchini, uses rice flour for gluten-free bites and changes the cheese to cheddar for a different flavour.

1. Preheat the oven to 180 C (350 F). Grease a mini-muffin pan.

Ingredients

- 2 cups cooked quinoa
- 3 eggs
- 1 cup grated zucchini
- 2 cloves garlic, minced
- 1 tsp dried thyme
- a pinch of paprika
- 1/2 cup grated Emmenthal cheese
- 1 tbsp flour
- Salt and pepper to taste

2. Combine all the ingredients in a large bowl.

3. Fill the muffin cups to the top with the quinoa mixture. Bake for 15–20 minutes, or until a tester comes out clean. Serve with a dollop of crème fraîche mixed with a spoonful of sweet chili sauce.

BACK TO SCHOOL
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metro

BACK TO SCHOOL

Thursday, August 22, 2013

One way to improve grades is to set up space to do homework in your home and make sure you have all the materials you need on hand to complete the daily school tasks. DMITRY KALINOVSKY/COLOURBOX

10 ways to manage homework

MICHELLE WILLIAMS
For Metro

Just about any parent will agree that one reason to not look forward to the start of school is homework.

Here are some easy and effective tips from Toronto District School Board principal Cassandra Alviani-Alvarez on how to smooth the homework waters in your house:

1 Reduce stress by setting a non-negotiable homework time around their after-school schedules.

2 Work with your child to set up a calendar showing everything that's due over the course of the week or month and plan homework schedules accordingly.

3 Help your kids get organized: Set up the space, have all the materials they need on hand, and remind them to put finished work in the knapsack so it's not forgotten in the morning.

4 Remember to remain calm. Things get heated quickly if a child is having difficulty and you are struggling to make things clear. Have patience and look for different ways of explaining the situation.

5 Encourage your child to take short breaks when they get stuck on something.

6 If kids are struggling to stay focused, try turning it into a game. Use a timer and challenge them to see how much they can get done in five or 10 minutes.

7 It's important to encourage them to try to make some effort before you pitch in and help. Read instructions and get them to articulate what they need to do first before you walk away.

8 Resist taking over the assignment. You want it to be a true reflection of your child's ability. Teachers know when they are getting a parent's work — the quality is very different.

9 If your child just isn't understanding a subject, send a note back to the teacher explaining the difficulty so you can work together to help your child through the challenging tasks.

10 Praise is important. Make sure your child knows they have done a good job when they complete their work to the best of their ability. Keep it positive as they go off to bed to set them up for success the next day.

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Get the upper hand

High-tech best bets

MIKE YAWNEY
For Metro

While pens and pencils never seem to go out of style, the student in your life can get an upper hand on their classroom education with the help of a few gadgets.

Here are some of the best bets for a high-tech education this fall.

Vtech InnoTab 3S — $109.99

A tablet for youngsters to call their own. The durable InnoTab 3S comes preloaded with kid-friendly apps for a fun learning experience. Kids can create and play their own videos, MP3s and even surf the web on the kid safe browser. Recommended for children ages three to nine. (vtechcanada.com).

Apple iPod Touch — $229 and up

Access tens of thousands of apps, ideal for the classroom. Your iPod can become anything from a scientific calculator to a language translator. Games and music are an added bonus for those students who have to endure lengthy bus rides to and from school. If you want a larger screen, the iPad or iPad Mini is another great choice. (apple.ca).

Sky Wi-Fi Smartpen — $199.99

Perfect for classes where students must take dictated notes. This "smart pen" records everything you hear, say, write or draw. Want to go back and hear what your teacher said in class? Simply tap a word on the page and the pen will replay what was said at that exact moment in time. Written notes can also be transferred to computer or tablet. (livescribe.com).

Moleskin Evernote Smart Notebook — $29.99

Everything written in this notebook can easily be transformed into digital notes thanks to smart stickers embedded in the pages. Just take a photo of the page with your smartphone and you can transfer your notes to your laptop or tablet. (moleskin.com).

Samsung Chromebook — $269.99

An easy to use, lightweight, budget-friendly laptop that boots in as a little as eight seconds. Chromebooks use Google's Chrome operating system and are designed for web connectivity. All of your homework, emails and assignments are stored online using Google's cloud services. This means you have access to your work anywhere, as long as you have Internet connection. Chromebooks require Internet connectivity to be useful, so make sure your child's school has widely accessable WiFi before considering a Chromebook. (futureshop.ca).

Sony Xperia Z — $149.95 with two-year contract

Leaking drink boxes and water bottles can create a real mess in a backpack. Your homework may get soggy, but Sony's Xperia Z smartphone can withstand even the wettest conditions. It is water- and dust-resistant, which means it can be tossed into a backpack with little fear. The five-inch HD display is perfect for accessing tens of thousands of apps. (Bell.ca).

Kindle Fire HD — $214 and up

Make reading a little more fun. The Kindle Fire HD doubles as an eReader and tablet. Not only can you access more than one million titles from Amazon's library, you an also download some of the most popular Android apps. The best feature is the parental controls that allows you to limit the amount of time your kids play games or use apps on the device. (amazon.ca).

Powerbag — $128

Carry everything you need for class plus charge your gadgets at the same time. Powerbag includes a built-in rechargeable battery pack with USB port to charge thousands of gadgets. The 3000mAh battery has enough juice to charge the average smartphone twice. More powerful batteries are also available. (amazon.ca).

Clockwise, from left, Vtech InnoTab 3S, $109.99, Kindle Fire HD, $214 and up, Samsung Chromebook, $269.99, Sky Wi-Fi Smartpen, $199.99, Apple iPod Touch, $229 and up, Powerbag, $128, and Sony Xperia Z, $149.95 with two-year contract.

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Electronic checklist

Leaving for college.
Check out these tools and appliances that score top marks

MICHELLE WILLIAMS
For Metro

If it's time for your super student to leave the nest and set up a living space, you will need this electronic checklist of amazing appliances and cool tools that score top marks.

Panasonic toaster oven ($149.99) is compact, attractive, user-friendly and easy to clean. Ideal for student chefs with limited access to a kitchen or time to cook. (Panasonic.ca).

Hamilton Beach Single Serve Blender ($19.99) makes a smoothie, power drink or milkshake, just the right size for storing and preparing a drink you can take with you. Just pop on the "to-go" top. (FutureShop.ca).

Kobo Arc ($199.99) is a multifunctional tablet, perfect for reading curriculum materials and doing research. It features more than 700,000 apps and games to keep students entertained. (Kobo.com).

ASUS MeMO Pad HD 7 ($160), pictured, is new, trendy and a total performer with loads of storage and functionality. Easy to use, store and carry, it's the perfect tablet for university students. (BestBuy.ca).

Tassimo Single Serve Coffee Maker ($79.99) is great for late-night studying. Small, sleek, easy to use, just pop in a T DISC with barcode technology for your personalized cup of coffee, tea, hot chocolate, cappuccino or latte. (FutureShop.ca).

Samsung Galaxy S4 ($229.99) delivers incredibly clear and vibrant photos, games, apps and videos. Dual shot takes simultaneous front and rear shots, and drama shot gives you rapid-fire photos for a time-lapse effect. (FutureShop.ca).

HP Photosmart ($199.99) wireless all-in-one inkjet printer is perfect for all college students — it prints, copies, scans, faxes, and even accesses content from the Internet using the colour touchscreen display. (hp.com).

MacBook Air (starting at $999) is the lightweight notebook that will manage almost every aspect of student life. With the latest Intel Core i7 processors, MacBook Air has plenty of power and seven hours of wireless web time. (Apple.ca).

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Head to class in style

Left, an army jacket ($79.99), jersey tunic ($14.99), skinny jeans ($24.99), leather booties ($69.99), a plaid backpack ($39.99) and beanie ($14.99) from Winners (winners.ca).

A camo jacket ($34.99), hooded denim vest ($29.99), graphic T-shirt ($12.99), coated jeans ($39.99) and brand name leather skate shoes ($39.99) from Winners (winners.ca).

One of the big highlights for kids heading back to class is all the amazing new fashions. Here are some fall trends to look forward to from H&M Canada showroom manager Karen Richter.

1 Urban chic. Dress with attitude for life in the city. It's a basic and fun look, inspired by graphics and lots of bright accent colours. Styling is cool, casual and modern.

2 Rocker vibe. Think of a cool party look with rock influences — denim and stud details, mesh, velvet, lace and chiffon for girls. The key look for girls is a black party dress, styled with a hat and sneakers. The key look for boys is a printed T-shirt, hoodie and studded slim jeans.

3 Sporty activewear. Playful, comfortable, safe, easy wear (and easy care) garments. This trend includes lots of bright, bold colours and simple relaxed shapes.

4 Multicultural street-inspired. It's a sharp and clean look inspired by the '90s, a quirky mash-up of prints and colours. Anything goes with this trend — kids can feel free to express themselves and dress according to their own personality.

5 Romantic. Dreamy and girly, featuring pastel colours, shiny text prints, flowers, lots of embellishments, sequin and lace details. Key looks include a sequin dress and cardigan, or a knitted sweater and tulle skirt with ballerinas and cute accessories.

6 Layers. Think current trends combined with classic basics and layered with warm accessories — denim, hoodies, leggings, cardigans and chunky knit hats, mitts and scarves. Look for neutrals, bright colours and classic prints like stripes and dots.

7 Urban nature. Inspired by the great outdoors, the look is relaxed, comfortable and casual. The key look is a flannel shirt, jacquard knitted cardigan and a padded vest with slim utility pants. Style with boots, a knitted beanie and a parka.

8 Animal prints. Leopard and zebra print are key, but also images of the animal itself. Style an oversized knitted sweater with animal prints and a brightly coloured slim-fit pant, or, for a more daring look, a brightly printed leopard coat.

MICHELLE WILLIAMS

A biker jacket ($29.99), French terry sweatshirt with lace hem, camo-print skinny jeans ($16.99), designer leather combat boots ($44.99) and polka dot backpack ($29.99) from Winners (winners.ca).

A kitty sweater ($29.99), button-up shirt ($19.99), skirt ($29.99), quilted backpack ($34.99), patent loafers ($59.99), collar necklace ($59.99) and watch ($19.99) from Winners (winners.ca).

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1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

Tiger Woods

Soft bed blamed for rough morning

Another week, another nagging injury for Tiger Woods — this time from a soft bed in his hotel.

Woods did not play the back nine of his pro-am Wednesday at the Barclays. He still walked with his amateur partners, but only chipped and putted at Liberty National. He says his neck and back were stiff in the morning. He attributes it to a soft bed in his hotel and says he didn't want to push it.

Woods was seen grabbing his back in the final round of the PGA Championship. He had an elbow injury that troubled him for two months this summer.

Asked about getting a new bed, Woods smiled and said, "We'll have something."

THE ASSOCIATED PRESS

Tennis

Sharapova pulls out of U.S. Open

Maria Sharapova withdrew from the U.S. Open on Wednesday because of a right shoulder injury.

Maria Sharapova GETTY IMAGES FILE

The U.S. Tennis Association announced the 2006 champion's withdrawal.

Sharapova has played only one match on tour since her second-round loss at Wimbledon in June.

Sharapova originally was seeded third at the U.S. Open. THE ASSOCIATED PRESS

4,000 and counting: Ichiro reaches milestone in hits

Ichiro Suzuki of the Yankees acknowledges the crowd after hitting a single for his 4,000th career hit between Japan and the major leagues during a game against the Blue Jays on Wednesday in New York. For more on the game, go to metronews.ca. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Carter slams pitcher's offering of innocence

Beaning in Beantown. Blue Jays legend says Dempster broke code among baseball players when he hit Rodriguez

Quoted

"It's taken away from the guys who played it the right way." Joe Carter contends drug cheats have created an uneven playing field

Former Toronto Blue Jays great Joe Carter rejects Ryan Dempster's claim that he didn't intentionally hit troubled Yankees slugger Alex Rodriguez with a pitch last weekend, saying the Red Sox right-hander's message was "loud and clear."

Dempster received a five-game suspension Tuesday for hitting Rodriguez with a pitch in a game Sunday. The native of Gibsons, B.C., maintains he wasn't trying to intentionally hit Rodriguez, who has drawn the wrath of his peers for appealing a 211-game suspension for violating baseball's drug and labour agreement.

But Carter isn't buying it.

"The message was loud and clear," Carter said Tuesday during an appearance at a Vancouver Canadians game. "I don't agree with what transpired, because if you're going to throw at someone like that just as a statement, you do it the first pitch, and then you go on about the rest of the game."

Dempster threw one pitch behind A-Rod's knees and two more inside during the second inning. Then his 3-0 pitch struck Rodriguez's left elbow pad and ricocheted off his back.

Carter chalked Dempster's actions up to the unwritten "codes" that players use to police themselves. But the ex-Jay tacitly endorsed the beaning.

"It's just a message that you don't like the cheaters, and I don't blame him for that because ... (doping) has taken away from the game of baseball," said Carter.

THE CANADIAN PRESS

Expectations higher for Seguin in Texas

When Tyler Seguin heads to Dallas to start his first training camp with the Stars, he'll go with the weight of a franchise on his shoulders that matches up well with his own self-confidence.

Seguin will be The Man. Emerging from the shadows of Patrice Bergeron and David Krejci, the 21-year-old from Brampton, Ont., — now an ex-Boston Bruin — will be the No. 1 centre on a team that hasn't made the playoffs in five years.

"I know what it's like to taste it (the Stanley Cup)," said Seguin. "I know what it's like to lose it. I don't know the taste of not making the playoffs, and I hope I never do.

"I think the taste for success has made me more driven as a player. Even being young, I hope to bring a lot of that experience to a locker room."

Finding a franchise player is never easy. Teams usually get them through the draft. Their availability in a trade — as Seguin was — is rare.

It was only possible this year because the Bruins were tight against the salary cap and needed the space of Seguin's $6-million US cap hit to sign others, most notably goalie Tuukka Rask. There were also whispers of a party lifestyle that might have contributed to the trade.

So far in his NHL career, Seguin hasn't been a No. 1 centre. He played mostly on Boston's second line — as a winger — with Bergeron. In the most recent playoffs, Seguin finished as a third-line checker.

But for most of the rest of his hockey-playing life, Seguin has been a centre, and often the most important centre on the team. And he believes he will be a leader in Dallas.

TORSTAR NEWS SERVICE

Quoted

"I want to earn my way around Dallas, (taking a) young leadership role." Tyler Seguin on asserting himself with the Stars

Tyler Seguin GETTY IMAGES FILE

4 SPORTS

Rory MacDonald punches Che Mills on April 21, 2012, at UFC 145. Win or lose, MacDonald will need to put on a more entertaining show if he wants to please UFC president Dana White. KEVIN C. COX/GETTY IMAGES

Rory Mac to put the hurt on U.S. power puncher

UFC 167. B.C. native to fight alongside countryman Georges St-Pierre in November

Canadian welterweight contender Rory (Ares) MacDonald will fight hard-nosed veteran (Ruthless) Robbie Lawler at UFC 167 on Nov. 16 in Las Vegas.

In the previously announced main event at the MGM Grand Garden Arena, welterweight champion Georges St-Pierre of Montreal meets No. 1 contender Johny (Bigg Rigg) Hendricks.

The UFC bills the Lawler-MacDonald matchup as "old school meets the new breed."

The 24-year-old MacDonald, of Kelowna, B.C., is ranked third among 170-pound contenders while the 31-year-old Lawler is No. 9.

MacDonald (15-1) is coming off a decision over Jake (The Juggernaut) Ellenberger that stretched his winning streak to five.

But the Seattle bout was booed by the crowd for lack of action and UFC president Dana White made no secret of his dissatisfaction at both fighters.

Some saw the win as a technical triumph by MacDonald, who used distance, a stinging jab and front kicks to subdue the hard-hitting Ellenberger. But not the UFC boss.

"That fight sucked so bad," said White after the fight.

"I don't think he moved down the (rankings) ladder but do you think anybody's screaming to see him in a fight again?"

In other news, Canadian light-heavyweight Ryan (Big Deal) Jimmo will face Jimi (Poster Boy) Manuwa on a televised card Oct. 26 in Manchester, England.

THE CANADIAN PRESS

The win is not enough

"We live in a business, unfortunately, where you're as good as your last fight."

UFC president Dana White
after MacDonald's last UFC victory

Women's soccer

Coach would listen to England offer

John Herdman says he's happy as head coach of the Canadian women's soccer team, but he would listen if approached about taking the vacant England job.

His Canada team won bronze at the 2012 London Olympics and gold at the 2011 Pan American Games.

Herdman told Sportsnet that he's focused on preparing his team for the 2015 World Cup, but added that if England came calling, he'd listen. THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	75	54	.581	—
Tampa Bay	72	52	.581	½
Baltimore	67	58	.536	6
New York	66	59	.528	7
Toronto	**57**	**69**	**.452**	**16½**

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	73	52	.584	—
Cleveland	68	58	.540	5½
Kansas City	64	60	.516	8½
Minnesota	55	69	.444	17½
Chicago	50	74	.403	22½

WEST DIVISION

	W	L	Pct	GB
Texas	73	53	.579	—
Oakland	71	55	.563	2
Seattle	59	67	.468	14
Los Angeles	55	70	.440	17½
Houston	41	84	.328	31½

Wednesday's results
Seattle 5 Oakland 3
Cleveland at L.A. Angels
Tampa Bay at Baltimore
Toronto at N.Y. Yankees
Minnesota at Detroit
Houston at Texas
Chicago White Sox at Kansas City
Tuesday's results
N.Y. Yankees 8-3 **Toronto 4-2**
Minnesota 6 Detroit 3
Texas 4 Houston 2
Tampa Bay 7 Baltimore 4
Chicago White Sox 2 Kansas City 0
Seattle 7 Oakland 4
Cleveland 4 L.A. Angels 1 (14 inn.)
Thursday's games — All times Eastern
Toronto at N.Y. Yankees, 1:05 p.m.
Minnesota at Detroit, 1:08 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Friday's games
Oakland at Baltimore, 7:05 p.m.
Minnesota at Cleveland, 7:05 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Washington at Kansas City, 8:10 p.m.
Texas at Chicago White Sox, 8:10 p.m.
Toronto at Houston, 8:10 p.m.
L.A. Angels at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	77	49	.611	—
Washington	61	64	.488	15½
New York	58	67	.464	18½
Philadelphia	55	70	.440	21½
Miami	48	76	.387	28

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	74	52	.587	—
St. Louis	73	53	.579	1
Cincinnati	71	55	.563	3
Milwaukee	55	72	.433	19½
Chicago	54	71	.432	19½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	73	52	.584	—
Arizona	65	59	.524	7½
Colorado	59	68	.465	15
San Diego	57	70	.449	17
San Francisco	56	70	.444	17½

Wednesday's results
San Diego 2 Pittsburgh 1
Atlanta 4 N.Y. Mets 1 (10 inn.)
St. Louis 8 Milwaukee 6
Boston 12 San Francisco 1
Colorado at Philadelphia
Arizona at Cincinnati
L.A. Dodgers at Miami
Washington at Chicago Cubs
Tuesday's results
San Francisco 3 Boston 2
Colorado 5 Philadelphia 3
Arizona 5 Cincinnati 2
Washington 4 Chicago Cubs 2
Milwaukee 6 St. Louis 3
N.Y. Mets 5 Atlanta 3
Pittsburgh 8 San Diego 1
L.A. Dodgers 6 Miami 4
Thursday's games — All times Eastern
Arizona at Cincinnati, 12:35 p.m.
L.A. Dodgers at Miami, 12:40 p.m.
Washington at Chicago Cubs, 2:20 p.m.
Colorado at Philadelphia, 7:05 p.m.
Atlanta at St. Louis, 8:15 p.m.
Pittsburgh at San Francisco, 10:15 p.m.

CFL

WEEK 9

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	7	5	2	0	230	174	10
Hamilton	7	3	4	0	166	205	6
Montreal	7	2	5	0	156	201	4
Winnipeg	7	1	6	0	153	210	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	7	6	1	0	234	150	12
Calgary	7	5	2	0	226	186	10
B.C.	7	5	2	0	169	164	10
Edmonton	7	1	6	0	161	205	2

Thursday's game — All times Eastern
B.C. at Montreal, 7:30 p.m.
Friday's game
Calgary at Toronto, 7:30 p.m.
Saturday's games
Winnipeg at Hamilton, 1 p.m.
Saskatchewan at Edmonton, 4 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	11	8	6	36	25	39
New York	11	8	6	36	31	39
Montreal	11	7	5	36	35	38
Philadelphia	10	7	8	36	32	38
Houston	10	7	6	29	23	36
New England	9	9	6	29	23	33
Chicago	9	10	4	29	34	31
Columbus	8	11	5	29	30	29
Toronto	4	12	8	21	33	20
D.C. United	3	17	4	14	40	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	12	8	5	41	30	41
Colorado	10	7	9	33	27	39
Portland	9	3	11	34	22	38
Los Angeles	11	9	4	39	32	37
Vancouver	10	8	6	36	32	36
Seattle	10	8	4	30	26	34
San Jose	9	10	6	26	35	33
Dallas	8	7	9	31	35	33
Chivas	4	13	6	20	40	18

Wednesday's results
Dallas at Chivas
Salt Lake at Portland
Friday's game — All times Eastern
Kansas City at Chicago, 8:30 p.m.
Saturday's games
Houston at Montreal, 7 p.m.
Toronto at D.C., 7 p.m.
Los Angeles at Vancouver, 9 p.m.
San Jose at Dallas, 9 p.m.
Columbus at Salt Lake, 9:30 p.m.

There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

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Horoscopes

♈ Aries
March 21 - April 20
You don't usually pay much attention to details but you will need to as of today. The Sun's change of sign warns it may be costly if you don't. Whatever you are working on, get the small stuff right first.

♉ Taurus
April 21 - May 21
A dynamic phase begins for you today and you must take full advantage of it. Don't be suspicious if people you hardly know praise you to the skies and offer to do you favours.

♊ Gemini
May 22 - June 21
It may be a pain having to explain yourself every step of the way but it will be worth it in the long-term. The planets make it easy to get close to people who mean a lot to you.

♋ Cancer
June 22 - July 23
Social activities are high on your agenda now and you must make time to have fun, no matter how much work you have got lined up. Don't worry too much about "serious" issues — they're really not that serious at all.

♌ Leo
July 24 - Aug. 23
The Sun leaves your birth sign today but you must not slow down or set your sights any lower. The next few weeks will bring new financial opportunities, be ready to act decisively.

♍ Virgo
Aug. 24 - Sept. 23
The Sun moves into your birth sign today and a new solar year gets under way, but don't think you have to start at a mad rush and try to get everything done at once.

♎ Libra
Sept. 24 - Oct. 23
You have not seen as much of a friend as you would have liked but your paths are destined to cross again over the next few weeks. Why not give them a call and reconnect today?

♏ Scorpio
Oct. 24 - Nov. 22
If you need to talk to an authority figure, approach them today while you feel super confident. The planets indicate they will listen to what you have to say and act in your favour.

♐ Sagittarius
Nov. 23 - Dec. 21
As the Sun crosses the career angle of your chart today. you must be more ambitious. The next few weeks will be crucial for those Sags who want to get on in the world. Success is closer now than ever before.

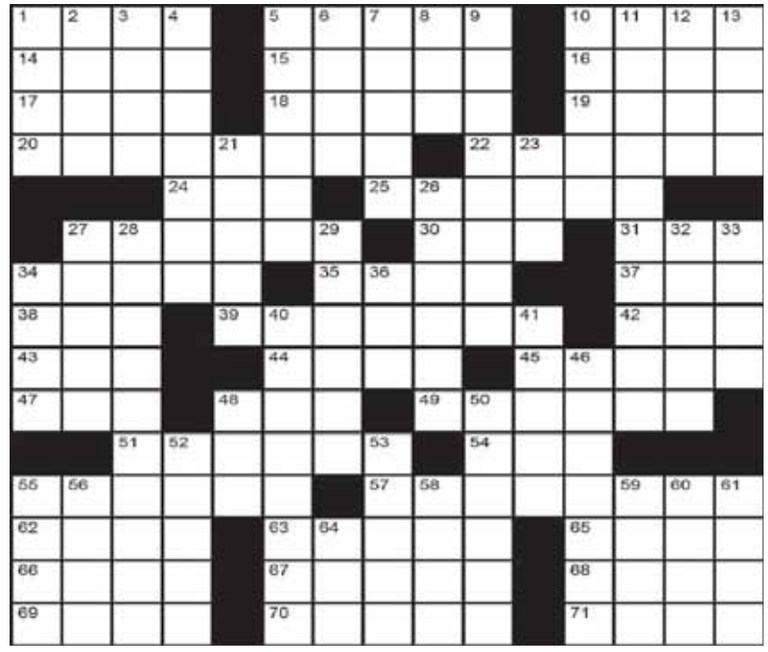
♑ Capricorn
Dec. 22 - Jan. 20
As the Sun moves in your favour today, you won't be in the least bit fazed by the challenges that fate throws at you. On the contrary, you can't wait to get stuck into them, such is your supreme self-belief.

♒ Aquarius
Jan. 21 - Feb. 19
There is nothing to fear but fear itself. With the Sun moving into one of the more sensitive areas of your chart you may need to repeat that mantra at regular intervals. Try not to worry.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in your opposite sign of Virgo means you are will clash with someone over the next few days. Just because you see life from different angles does not mean you cannot get along. SALLY BROMPTON

Crossword: Canada Across and Down

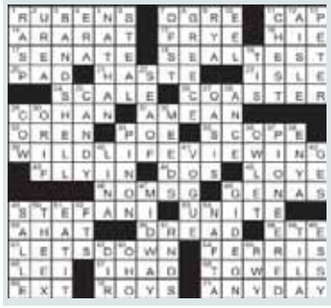
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. __ Kong
5. Not qualified
10. Some aircrafts
14. Downright nasty
15. __ prosequi (Not proceeding, in law)
16. Czech river
17. Ms. Dunham of HBO's "Girls"
18. Fancy instrument
19. City's air pollution
20. Provincial leaders
22. False
24. 'Pepper' add-on (Pizza topping)
25. NYC's __ Island
27. Regatta crafts
30. Humour style
31. Disney song: "Zip-a-Dee-Doo-__"
34. __ and fauna
35. "Not on _ __!" = "No way!"
37. Rambo portrayer, to pals
38. Pants split
39. Saskatchewan's provincial fish
42. Pourboire
43. Gremlin
44. Fool
45. "I Started _ __" by The Bee Gees
47. Last letter, USA-style
48. Inclined
49. Hamilton-born star Mr. Levy
51. House painter's tool
54. Apiece
55. Steamed in corn husks dish
57. Guess Who's "__ Woman"
62. Drop
63. Reserved
65. Detective's find
66. Voice characteristic
67. Nymph of Greek mythology
68. Answer-needer's aid
69. Barely manages, __ out
70. Bird-created structures
71. Chooses

Down
1. Self-__ book
2. Finito
3. "The Whole __ Yards" (2000)
4. Fashion magazine
5. Reveal, as a portrait painting
6. Pinot __ (Wine variety)
7. Dental string
8. Misguided = __-conceived
9. "Heaven Coming Down" band from Windsor, The __ __
10. Canadian figure skating great Ms. Chouinard
11. New Brunswick city
12. Step heavily
13. Palm starch
21. Relative by marriage
23. Pig's pen
26. Pluck eyebrows
27. Mucky matter
28. It flows in NWT and Nunavut, __ River
29. Military greeting
32. Similar
33. Ballyhoo
34. Animator Mr. Freleng
36. Deli request
40. Singing sisters from Canada, Natalie or Nicole
41. Enthusiastic
46. Wrestler/rocker from Winnipeg, Chris __
48. "Never Ever" by __ Saints (Group #40-Down were in)
50. Overturns
52. Hall & __
53. Does garden work
55. Carry
56. "Star Trek" episode, __ Time
58. Vegan's taboo
59. Cut short
60. Uncle's wife
61. Profits
64. "__ you kidding?"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		7			3	1	
1				6		7		9
8				9				
	5	2			1		9	
				2				
	8		5			4	3	
				1				6
6		4		8				3
	1	7			9		5	

Yesterday's Sudoku

7	1	5	8	6	4	3	2	9
3	2	4	9	1	5	8	7	6
8	9	6	2	7	3	4	5	1
5	3	8	4	2	1	6	9	7
2	6	1	7	3	9	5	8	4
9	4	7	5	8	6	2	1	3
6	7	3	1	5	2	9	4	8
4	8	2	6	9	7	1	3	5
1	5	9	3	4	8	7	6	2

Today
28°/13°
Thunderstorms
100%
Friday
21°/10°
Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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